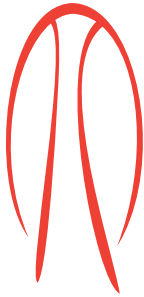


Group Fitness

January 2012



SPORTSPLEX

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Main Studio	5:30AM		BodyPump™ Jaclyn		BodyPump™ Team	7:15AM	BodyPump™ Kristen	
	9:15AM	BODYCOMBAT™ Team	BodyPump™ Brenda	BODYATTACK™ Jaclyn	BodyPump™ Team	BODYCOMBAT™ Brenda	8:30AM	BODYATTACK™ Marci
	10:15AM		ZUMBA TONING™ Bernadette		INTERVAL EXPRESS Brenda		9:30AM	ZUMBA™ Brenda
	5:00PM	ZUMBA™ Rhythm Eileen	BodyPump™ Rita	BODYCOMBAT™ Jeanne	BodyPump™ Jaclyn			BODYCOMBO™ Dale & Jason
	5:15PM	ZUMBA™ Eileen						
	6:00PM	BodyPump™ Jason	BODYCOMBAT™ Dale	ZUMBA TONING™ Kattya	BODYATTACK™ EXPRESS Jaclyn			
	7:00PM				FIGHTER'S WORKOUT George			

WINTER LAUNCH

Friday, January 27th
5:00-9:00PM

Register @ The SPX Reception Desk

Spinning® Studio	5:30AM				Road Ride John	8:00AM		Road Ride John
	8:15AM		SPINNING® Brenda		POWER SPIN® Gary	8:30AM	Weekend Ride Michelle	
	9:15AM	Road Ride Julie		SPINNING® Kate		Friday Hills Jaclyn	9:15AM	
	5:00PM			NEXT GENERATION SPIN Jaclyn				
	6:30PM	Joy Ride John		6:00PM SPINNING® Kim				

Feel the Heat TEAM SPIN

Saturday, January 28 9:00-10:30AM

Register at the SPX Reception Desk

Wellness Studio	5:30AM					8:00AM	Vinyasa Jane	
	8:00AM	Gentle Yoga Kathy				9:00AM		Yoga Fit Karen
	9:15AM	Willpower & Grace Bernadette	Yogalates Phoebe	Tai Chi Maddie	Pilates Phoebe	NIA Lynn	9:30AM	Pilates Milena
	10:15AM		Gentle Yoga Candy	Vinyasa Michelle	Yoga Balance Amy	Gentle Yoga Michelle		
	5:00PM	Kids' JAM Jen		Kids' JAM Kim				
	5:30PM	Kids' Fit combo Jen		Kids' Fit combo Kim				
	6:00PM	Power Pilates Brenda	Barre Fusion Phoebe	Pilates Jeanne				
	7:00PM		Vinyasa Phoebe	Power Yoga Ali	Vinyasa Jillian			

be well

Yoga Wellness Day

Saturday, January 21 8:00AM-12:00PM

Register at the SPX Reception Desk

LEARN the MOVES ½ Hour Classes

Saturday, January 14

Yoga 9:00A

Pilates 10:30A

Pool	9:00AM	Water X Ilona		Water X Pat B		Water X Marissa
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GROUP EXERCISE

We offer muscle conditioning and cardiovascular training through our group exercise classes. Our group exercise classes are located in our main studio.

BODYATTACK™ Body Attack is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Designed for anyone working toward a fitness goal. Attack will raise your overall fitness and stamina, tone and shape your body, improve coordination and agility, improve bone density, and burn a lot of calories for a leaner composition.

BODYATTACK™ EXPRESS: 30 minute sports inspired cardio workout for building strength and stamina.

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Tae Kwon Do, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYCOMBO: A one hour class designed to give you the greatest challenge by combining the best of BODYPUMP and BODYCOMBAT. The best weight-room exercises combined with an empowering martial arts inspired cardio workout creates the formula for an intense, yet fun workout that will get you to a higher level fitness.

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

FIGHTERS WORKOUT: This one-hour workout includes Jump Ropes, Boxing Gloves and Thera-Bands that guarantee to give you the ultimate, authentic Fighters Workout.

INTERVAL EXPRESS: This thirty minute workout has you mixing high intensity bursts of exercise with moderate intensity recovery periods. This class will supercharge your fitness, boost your metabolism, burn off that extra fat and start reaching those goals that you have set yourself.

ZUMBA: Dance fitness program based on international rhythms. Cumbia, Meringue, Salsa, and Samba are the four core rhythms used to get you started on your Latin journey!

ZUMBA RHYTHMS: A fifteen minute warm-up to everyone's favorite dance fitness class...get going a little sooner and burn even more calories.

Zumba Toning this class is designed to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You will use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

SPINNING®

Meet us in the Spinning Studio where our certified instructors will take you journey of flats, hills and drills while burning 400–800 calories in as little as 45 minutes

FRIDAY HILLS: This ride is designed to build your strength while climbing hills and working the down hills as your active recovery.

JOY RIDE: Enjoy a journey with scenic views provided on movie theatre screen in this exciting class.

POWER SPIN: This ride emphasizes that it will take you to the next level. It incorporates cardiovascular training and lower body conditioning.

ROAD RIDE: Looking for a ride that simulates a true road journey? Look no further! An avid cyclist will take you on a strong, steady ride that is just like an outdoor journey.

SPINNING®: Spinning encourages participants to shift and broaden their perspective by exposing them to new ideas and a variety of training styles and energy zones.

WELLNESS

Wellness classes offer an overall sense of well being while being gentle to the body. All wellness classes are offered in our Wellness studio. Entrance to class 10 minutes after start time is not permitted for safety reasons. Please keep our studio clutter free by leaving personal effects and phones in the locker rooms.

BARRE FUSION Increase balance, core strength and flexibility by combining yoga, dance and Pilates exercises. Using specific alignment principles, this class will strengthen and lengthen you, leaving you with a long lean dancer body.

POWER PILATES: This is not a beginner's workout!! BC Pilates is a fast paced intensive core based workout. We strongly advise you to take several Pilates classes before taking this intermediate class.

NIA: This movement class is a blend of martial arts, dance and yoga movements that allows you to connect your mind, body and spirit. Similar to modern dance, you will tone your entire body while getting cardiovascular benefit.

PILATES: Improve posture and balance while gaining core strength, muscle tone and overall flexibility in this classical Pilates mat class designed for all levels. All exercise series initiate from the core and work the entire body. Balls, bands, rings and other equipment may be used to intensify or modify your workout.

TAI CHI: A Chinese system of slow meditative physical exercise designed for relaxation, balance and health. It is believed to facilitate the flow of Qi (life force) in the body, promoting good health and vitality. Tai chi utilizes movements that are Yin Yang opposites: softness and strength, forward and backwards, action and calm. All levels welcome!

GENTLE YOGA: Enjoy a combination of balance and harmony through slow and relaxed movements. Emphasis is on self-awareness, breath and gentleness to the body. Each instructor brings a different style and teaching to the Gentle Yoga classes offered.

POWER YOGA: A set series of postures that therapeutically align the body, protect and rehabilitate it from injury. The practice uses a controlled breathing technique and moves from standing postures to seated work and finishes

with gentle inversions. A perfect recovery-day therapy that will compliment any training program. No previous experience required. This is a 75-minute class

VINYASA YOGA: Invigorating, strengthening, detoxifying! A challenging yet relaxing flow of asanas connecting movement with the breath. You'll find balance, strength and flexibility while learning how to breathe efficiently. Each instructor brings a different style to the Vinyasa classes offered.

WillPower & Grace: The cardiovascular solution to mind/body workouts you have been looking for. Benefits of cardio sculpt, low-impact aerobics, self awareness of yoga, and the discipline of pilates. This workout is done barefoot.

YOGA BALANCE: Enhance flexibility, strength, balance and ease through the practice of postures, functional movement, breath and meditation. This flowing yoga practice will focus on balance and alignment in the body and mind through postures which develop core strength and stability. Join us for an exploration of yoga. All levels.

YogaFit: Based on the ancient fitness science of hatha yoga, YogaFit blends balance, strength, flexibility and power in a fitness format. YogaFit overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness. The YogaFit style reduces the risk of injury and augments recovery for ailments including stress, lower back pain and tension, while allowing students of all levels to grow, challenging themselves mentally, emotionally, physically & spiritually. This is a 60-minute class.

YOGALATES: This class is a blend of Pilates and Yoga. This is a great introduction for a beginner to either discipline, as well as for the seasoned student who is interested in another perspective to deepen their practice. You will walk away with a deeper understanding of your own body and feeling longer, stronger, and more connected to your core.

LEARN THE MOVES

These classes are held once a month and whether for the beginner or the experienced exerciser, the technique classes will give you a jump start to your fitness routine. Learn terminology, correct moves and the how's and why's of getting the most out of the class discipline. The monthly schedule is itemized on the front page of the Group Fitness Schedule.

JUNIOR FITNESS

KIDS JAM: This fun class designed for ages 4 to 7 introduces kids to basic exercises like hopping, skipping, jumping, dancing, balancing, and more!

KIDS FIT COMBO: A combination of basic flexibility, core, balance training and cardiovascular fitness. A game or activity is often incorporated to make fitness fun!! Open to ages 4 to 7

NEXT GENERATION SPIN: Be a part of the youth fitness movement!! Next Generation Spin will take your child on a 30 minute ride and 15 minutes of abdominal training. This course is designed for kids who are 11-14 years old and whose height is approx. 4 feet 11 inches. This class will motivate your child toward improved health, physique and self-confidence.