

# ENERGY FITNESS

GROUP FITNESS SCHEDULE Effective January 11, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45a	5:45a SPINNING	5:45a	5:45a SPINNING	5:45a	5:45a
8:15a	8:15a	8:15a	8:15a	8:15a MAT/FUSION	8:15a
8:30a YOGA	8:30a	8:30a YOGA	8:30a	8:30a	8:30a BODYPUMP
					SPINNING
9:15a TURBOKICK	9:15a BODYPUMP	9:15a SPINNING	9:15a BODYPUMP	9:15a ZUMBA	9:15a
SPINNING	SILVER SNEAKERS		SILVER SNEAKERS		
9:30a	9:30a	9:30a	9:30a	9:30a	9:30a BODYSTEP
					SPINNING
10:15a BODYSCULPT	10:15a	10:15a BODYSCULPT	10:15a	10:15a BODYSCULPT	10:15a YOGA
11:00a SILVER SNEAKERS	11:00a	11:00a SILVER SNEAKERS	11:00a	11:00a SILVER SNEAKERS	11:00a
4:30p BODYPUMP	4:30p TURBOKICK	4:30p BODYPUMP	4:30p	4:30p	4:30p
4:45p	4:45p	4:45p PILATES	4:45p	4:45p	4:45p
5:00p	5:00p SPINNING	5:00p	5:00p	5:00p	5:00p
5:30p BODYATTACK	5:30p BODYPUMP	5:30p BODYSTEP	5:30p BODYJAM	5:30p	5:30p
SPINNING		SPINNING	SPINNING		
5:45p	5:45p YOGA	5:45p	5:45p YOGA	5:45p	5:45p
6:30p	6:30p TURBOKICK	6:30p	6:30p BODYPUMP	6:30p	6:30p

## Class Descriptions

**BODYATTACK:** High energy sports inspired workout that burns a lot of calories & builds strength & stamina. For ALL fitness levels.

**BODYPUMP:** The fastest way in the universe to get in shape! We incorporate barbells & weights to target every muscle group. For all levels.

**BODYJAM:** A cardio workout with the latest dance styles & upbeat music. This 60-minute class teaches you to move with attitude!

**BODYSTEP:** Energizing step workout using height adjustable step, simple movements with cardio blocks. Push your fat burning system into high gear.


**BODY SCULPT -** Total body workout using bands & light dumbbells.

**MATFUSION -** A combo of yoga & pilates.

**PILATES -** Focus on your body's core will build strength without excess bulk, creating a sleek & toned body.

**SPINNING -** Spinning simulates a real outdoor bike ride. Challenge yourself with speed drills & mountain climbing using varied resistance. For all levels.

**TURBOKICK -** Have a blast in this cardio class while learning basic kicks, punches & boxing techniques. No experience necessary!

 Senior Adult Class that involves range of motion, flexibility, balance & strength improvement.

**YOGA -** Focuses on strength & flexibility while linking breath with movement, resulting in posture alignment, muscle tone & reduce stress.

**ZUMBA-** High energy Latin inspired workout. Basic Latin dance steps will get you inspired to have a little attitude!