

# July 2010

## Group Fitness Classes

## GETTING TO KNOW YOUR CLASSES

CLASS	TIME	INSTRUCTOR	ROOM	LEVEL
<b>M O N D A Y</b>				
<b>Cardio Fusion</b>	6:00am - 7:00am	Carmelo	1	ALL
<b>S c u l p t i n g</b>	9:30am - 10:30am	Kelly	1	ALL
<b>ZUMBA</b>	6:00pm - 7:00pm	Angela.	1	ALL
<b>T U E S D A Y</b>				
<b>Cardio Boot Camp</b>	9:30am - 10:30am	Chris	1	ALL
<b>GROUP POWER</b>	6:00pm - 7:00pm	Heather	1	ALL
<b>W E D N E S D A Y</b>				
<b>GROUP POWER</b>	6:00am - 7:00am	Margy	1	ALL
<b>ZUMBA</b>	9:30am - 10:30am	Angela.	1	ALL
<b>ZUMBA</b>	6:00 - 7:00 pm	Angela.	1	ALL
<b>T H U R S D A Y</b>				
<b>Power Training</b>	9:30am - 10:30am	Chris	1	ALL
<b>GROUP POWER</b>	6:00pm - 7:00pm	Heather	1	ALL
<b>F R I D A Y</b>				
<b>Cardio Fusion</b>	6:00am - 7:00am	Carmelp	1	ALL
<b>Pilates</b>	9:30am - 10:30am	Kelly	1	ALL
<b>S A T U R D A Y</b>				
<b>GROUP POWER</b>	9:00am - 10:00am	Heather	1	ALL

**CARDIO BOOT CAMP:** A one-hour high-energy cardio class designed to raise your heart rate and burn calories while having fun. This class will challenge all levels with a full body workout.

**CARDIO FUSION:** 60 minutes of high energy punching, kicking & sculpting. A powerful cardio workout that keeps your heart rate pumping, and leaves you feeling strong and energized.

**GROUP POWER:** Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. Group Power is for all ages and fitness levels. Discover results!

**SCULPTING:** Reinvent your body with a combination of core training and body sculpting exercises utilizing various pieces of equipment.

**PILATES:** Pilates is about breathing and movement, positioning of the body, balance and posture. The "powerhouse", defined as the abdomen, lower back and buttocks, are supported and strengthened. It's an excellent compliment to any Yoga or Fitness Program.

**ZUMBA:** Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, & to get hooked. Zumba Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

### Hours of Operation

**M - Th** 5am-10pm  
**Fri** 5am- 9pm  
**Sat** 7am- 7pm  
**Sun** 7am- 5pm

### Kids Klub Hours

**Mon-Sat** 9:00am-12:30pm  
**Sunday** 9-11

# July 2010

## Mitch's Yoga / Pilates Classes

CLASS	TIME	INSTRUCTOR	ROOM	LEVEL
<b>M O N D A Y</b>				
Gentle Yoga	9:00 am – 10:00 am	Cara	2	ALL
Pilates	5:30pm – 6:30pm	Karen	2	ALL
Vinyasa Flow	7:00pm - 8:15 pm	Karen	2	ALL
<b>T U E S D A Y</b>				
Slow and Deep	9:00 – 10:00 am	Asha	2	ALL
Slow and Deep	6:00 pm - 7:15pm	Cara	2	ALL
<b>W E D N E S D A Y</b>				
Gentle Yoga	8:00 am – 9:00 am	Cara	2	ALL
Pilates	9:15am - 10:15am	Karen	2	INT
Pilates	5:30pm – 6:30pm		2	ALL
<b>T H U R S D A Y</b>				
Slow and Deep	9:00am – 10:00am	Janice	2	ALL
Vinyasa Flow	6:00pm – 7:00pm	Marcia	2	ALL
<b>F R I D A Y</b>				
Vinyasa Flow	9:00 am - 10:00am	Janice	2	ALL
Pilates	9:30am – 10:30am	Kelly.	1	ALL
<b>S A T U R D A Y</b>				
All Levels Yoga	8:30am - 9:45am	Asha	2	ALL

### Hours of Operation

**M - Th** 5am–10pm  
**Fri** 5am– 9pm  
**Sat** 7am– 7pm  
**Sun** 7am– 5pm

### Kids Klub Hours

**Mon-Sat** 9:00am–12:30pm  
**Sunday** 9–11

## GETTING TO KNOW YOUR CLASSES

**All Levels Yoga:** This yoga class alternates between Forrest style and a modified Viniyoga style of yoga. It focuses on getting deep into breath and asanas (poses), and it is appropriate for all levels of ability.



**Gentle Yoga:** Learn to use your breath as a tool to relax and release. Mindfully move through various poses, improving mind and body awareness, allowing the body to release tension and toxins. Gain strength, tone, flexibility, energy and balance.

**Pilates:** Pilates is about breathing and movement, positioning of the body, balance and posture. The "powerhouse", defined as the abdomen, lower back and buttocks, are supported and strengthened. It's an excellent compliment to any Yoga or Fitness Program.

**Slow and Deep:** Suitable for all levels, this class focuses on alignment and breath. Students will be challenged to bring consciousness to the foundations of their practice.

**Vinyasa Flow:** A more moderate flowing yoga that encourages technique over speed and challenges the mind and body to focus as one. The slow burn of this class will develop a better strength base for even the most extreme Yogi.