

Winter 2010							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 am	Athletic Intervals ①②	Cardio Ball ①②Ⓞ	Total Workout ①②	Hatha YOGA ①②	FitCity Flex ①②	Athletic Intervals (9:00 a.m., 75 min) ②Ⓞ	Step & Core (9:00 a.m., 75 min) ②
10:30 am						Hatha YOGA ①②	
12:10 pm	Cardio Ball ①②Ⓞ New		Athletic Intervals ①②				
5:30 pm	Cardio Mix ①②	Athletic Intervals ②	FitCity Flex ①②	Kickbox Cardio ①②			
6:35 pm	FitCity Flex ①②	Core & Stretch ①②	Hatha YOGA ②	Pure STEP ②			
7:40 pm	Hatha YOGA ①②			Hatha YOGA ①②			

- ① Beginner/Intermediate
- ② Intermediate/Advanced
- Ⓞ Pre-registration required – take a number on arrival



Class Descriptions	
Athletic Intervals	Our "Push it to the Max" class! High-intensity intervals of STEP or HI/LOW IMPACT coupled with muscle-conditioning drills. Awesome for burning fat & increasing cardiovascular fitness. For our Saturday Class, Ⓞ pre-registration required – take a number on arrival.
Cardio Ball	A LOW IMPACT workout followed by muscle-conditioning and core exercises on a stability ball. * Pre-registration required – take a number on arrival.
Cardio Mix	Why choose between STEP and HI/LOW IMPACT when you can have both? Cardio Mix blends dynamic STEP aerobics with high-energy HI/LOW IMPACT patterns. The best of both worlds! No flex component.
Core & Stretch	Condition your core for better posture, injury prevention and stronger, more defined abdominal, hip and back muscles. This class is enhanced with full body stretching. Please come warmed up to this class.
FitCity Flex	Get tighter abs, stronger legs and more shapely shoulders using everything from resistance tubes to the Body Bar. Rev up your metabolism with strength training in this challenging and motivating class. No cardio component.
Get on the Ball	Target your abs, improve your balance and boost your overall strength with resistance exercises on a ball. No cardio component. Ⓞ Pre-registration required – take a number on arrival .
Hatha Yoga	Experience tranquility in this class. Participants perform yoga poses designed to stretch and strengthen the body and expand the mind. Note that in Level 2 classes, poses are held longer and are not recommended for beginners. (75 minutes)
Kickbox Cardio	Work out the day's frustrations with this high-energy and exhilarating kickboxing class.
Pure STEP	A choreographed cardio class performed on an adjustable platform, followed by abdominal work and stretching. Level 2 classes denote advanced intensity and choreography patterns designed for experienced steppers only!!
STEP & Core	Pure STEP format followed by a 20-minute Core Conditioning segment for a great full body workout!
Total Workout	Get it all without overdoing it! 20 minutes of STEP, 20 minutes of HI/LOW IMPACT, then a dynamic FitCity Flex component & abs to complete this total body workout.