

Schedule in effect Monday, January 4, 2010

Winter 2010							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 am		Athletic Intervals ①②		Cross Train ①②			
9:30 am	Cardio Flex ①②	Pure STEP ①②	Athletic Intervals ①②	Total Workout ①②	Cross Train ①②	Total Workout (9:00 - 10:15 a.m.) ②	Mind Body (8:45 a.m.) ①②
10:00 am		Hatha YOGA (10:45) ①②			Hatha YOGA (10:45) ①②		Athletic Intervals ①②
11:00 am						Hatha YOGA ①②	Get On The Ball (30 min.) ①②ⓐ
4:15 pm		Hatha YOGA ②		Hatha YOGA ②			
5:30 pm	FitCity Flex ①②		Pure STEP ②	Kickbox Cardio ①②			
6:30 pm	Pure Cardio ①②	Cross Train ①②	Cardio Flex ①②			Please note: class times may differ on the weekend	
7:30 pm	Hatha YOGA (7:45 p.m.) 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 low-choreography STEP or LOW IMPACT coupled with muscle-conditioning drills. Awesome for burning fat & increasing cardiovascular fitness.
Cross Train	Prevent boredom, injuries and plateaus with Cross Train. This format uses a variety of activities to improve cardio, muscular strength/endurance and flexibility. The format changes weekly. Expect any combination of the following: STEP, LOW IMPACT, Kickbox, Core Training, and FitCity Flex.
Cardio Flex	High-energy, LOW IMPACT cardio patterns followed by FitCity Flex muscle-conditioning and stretching.
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. ⓐ Pre-registration required. (30-60 minutes)
Hatha Yoga	Experience tranquility in this class. Participants perform yoga poses designed to stretch and strengthen the body and expand the mind (75 min.)
Kickbox Cardio	Work out the day's frustrations with this high-energy and exhilarating kickboxing class.
Mind Body	This class combines softness with strength for your mind and body. Depending on instructor expertise you may experience any or all of: yoga postures, tai chi, ball training and Pilates-inspired core strengthening exercises. One of our most popular FitCity formats and not to be missed!
Pure Cardio	A cardiovascular workout that features LOW IMPACT aerobics, followed by abdominal work and stretching.
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!
Total Workout	Get it all without overdoing it! 20-minutes of STEP, 20-minutes of LOW IMPACT, then a dynamic FitCity Flex component & abs to complete this total body workout.