

Schedule in effect Monday, January 4, 2010

Winter 2010							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am		Power Pacing <b>1 2 C</b>		Power Pacing <b>1 2 C</b>			
8:30 am		Specialty Program	Specialty Program			Hatha YOGA (8:05) <b>1 2</b>	
9:30 am	Cardio Ball (75 min.) <b>1 2 C</b>	Hatha YOGA <b>1 2</b>	Power Pacing <b>1 2 C</b>	Athletic Intervals <b>1 2</b>	Get on the Ball <b>1 2 C</b>	Total Workout (75 min.) <b>1 2</b>	Pure STEP <b>2</b>
10:45 am			Small Group Training (10:30)		Power Pacing <b>1 2 C</b>	Specialty Program (11:00)	Power Pacing <b>1 2 C</b>
12:00 pm	Power Pacing <b>1 2 C</b>	Power Pacing <b>1 2 C</b>	Hatha YOGA <b>1 2</b>	KickBox Cardio <b>1 2</b>			
4:10 pm				Hatha YOGA <b>1 2</b>	Pure STEP (4:30 p.m.) <b>2</b>		Hatha YOGA <b>2</b>
5:30 pm	Athletic Intervals <b>1 2</b>	Kickbox Cardio <b>1 2</b>	Pure STEP <b>2</b>	FitCity Flex <b>1 2</b>	Power Pacing <b>1 2 C</b>		
6:30 pm	FitCity Flex <b>1 2</b>	Cardio Ball <b>1 2 C</b>	Core Conditioning (30 min.) <b>1 2</b>	Power Pacing <b>1 2 C</b>			
7:30 pm	Core Conditioning (30 min.) <b>1 2</b>		Hatha YOGA (7:00 p.m.) <b>2</b>	Hatha YOGA (90 min.) <b>1 2</b>			
8:30 pm		Hatha YOGA <b>1 2</b>					

Class Descriptions	
<b>Athletic Intervals</b>	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.
<b>Cardio Ball</b>	A LOW IMPACT workout followed by muscle-conditioning and core exercises on a stability ball. <b>Pre-registration required.</b> C
<b>Core Conditioning</b>	One of today's hottest workouts! Condition your core for better posture, injury prevention and stronger, more defined abdominal, hip and back muscles. (30 min.)
<b>FitCity Flex</b>	Rev up your metabolism with strength training in this challenging and motivating class. You'll use a variety of resistance equipment such as weights, bars, bands and balls to get stronger legs, more shapely shoulders and tighter abs. No cardio component.
<b>Get on the Ball</b>	Target your abs, improve your balance and boost your overall strength with resistance exercises on a ball. No cardio component. <b>Pre-registration required.</b> C
<b>Hatha Yoga</b>	Experience tranquility in this class. Led by a qualified Yogi, participants practice 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.
<b>Kickbox Cardio</b>	Work out the day's frustrations with this high-energy and exhilarating kickboxing class.
<b>Power Pacing</b>	A high-energy, instructor-led workout performed on stationary bikes that allow participants to control their own levels of resistance. <b>Pre-registration required.</b> C
<b>Pure STEP</b>	A choreographed cardio class performed on an adjustable platform, followed by abdominal work and stretching. <b>Level 2 classes</b> denote advanced intensity and choreography patterns designed for experienced steppers only!
<b>Total Workout</b>	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.

All classes are 60 minutes in length unless otherwise noted.

- 1 2** Beginner/Intermediate    **C** Pre-registration required  
**2** Advanced

