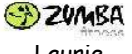






**Begins March 4, 2013**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-6:45am Cycle/Strength Deb	6:00-6:45am Group Cycle Deb	6:00-6:45am Muscle Pump Deb		7:30-8:25am Group Cycle Sarah
	8:15-9:10am Gentle Yoga Laurie		8:15-9:10am Gentle Yoga Laurie		8:15-9:10am Gentle Yoga Laurie	8:30-9:25am Muscle Pump Laurie
	9:15-10:00am Cardio Mix Dayna	9:00-10:00am Core Strength Emiko	9:15-10:00am Cardio Mix Dayna	9:00-10:00am Core Strength Emiko	9:15-10:00am Cardio Mix Dayna	9:30-10:25am YogaFlow Laurie
	10:00-10:30am Body Sculpt Dayna		10:00-10:30am Body Sculpt Dayna		10:00-10:30am Body Sculpt Dayna	10:30-11:30am  Laurie
12:00-12:55pm YogaFlow Jason		11:30-12:25pm YogaFlow Laurie		11:30-12:25pm YogaFlow Laurie		
1:00-2:00pm Cycle/Strength Rachel		3:30-4:10pm Step Express Laurie	3:30-4:10pm Step Interval Laurie	3:30-4:10pm Cycle Box Emiko		
	4:00-4:55pm Muscle Pump Laurie	4:20-4:55pm Butz & Gutz Emiko	4:15-5:10pm Muscle Pump Laurie	4:20-4:55pm  Emiko	4:30-5:30pm  Geny	
	5:00-5:20pm Power Core Laurie	5:00-5:55pm  Melinda	5:15-5:45pm Express Cycle Courtney	5:00-5:55pm  *Melinda	5:35-6:30pm YogaFlow Jason	
	5:25-6:10pm Group Cycle Sarah	6:00-6:30pm Power Plyo Sarah	5:50-6:10pm Power Core Courtney	6:00-6:30pm Butz & Gutz Rachel		
	6:15-7:00pm YogaFlow Jason	6:35pm-7:20pm Intro to Muscle Pump Sarah	6:15-7:00pm R & B YogaFlow Laurie	6:35pm-7:20pm Intro to Yoga Rachel		
	7:00-7:55pm  Laurie	6:00-6:35pm **Kids Karate	7:00-7:55pm  Laurie			
		6:35-7:30pm *Karate		6:35-7:30pm *Karate		
		7:30-8:00pm Beginner Karate		7:30-8:00pm Beginner Karate		

\*Both classes in the studio

\*\*Kids Karate held in the gym

**Youth/Family Fitness (Kids Fit Classes held in the Gym):**

		9:00-9:45am Fitter Kritters Courtney		9:00-9:45am Fitter Kritters Courtney		
	5:00-5:45pm Fit Kids	5:00-5:45pm Fit Kids	5:00-5:45pm Fit Kids	5:00-5:45pm Fit Kids		

**HEALTHSEEKER:** If you're just getting started, or trying to get back on track, these classes are for you!

Instructors will provide modifications to support introductory learners.

The Intro Series of classes are entry-level four-week sessions with limited enrollment to ensure personalized attention as you learn the fundamentals of an exercise class. Enrollment is FREE; pre-registration is required at the Front Desk.

*A new session starts at the beginning of each month.*

**Intro to Step & Floor** - An aerobic class that will introduce you to floor and step aerobics at an entry level. This will be a step-by-step process for coordination skills and for improving cardiovascular endurance.

**Intro to Muscle Pump** - a strength and endurance class that will introduce you to the fundamental moves used in Muscle Pump classes, working every muscle group and utilizing a variety of equipment. There will be emphasis on good technique and how to modify/progress all movements in a safe and effective manner.

**Intro to Cycle** - Ease into this great form of exercise. Participants will learn the foundations of indoor cycling - cardiac expectations, modifications to the ride and how to build endurance. This class will provide a safe and effective workout that brings confidence and fun over a 4-week period.

**Intro to Yoga** - Learn fundamental yoga poses and terminology at a beginner level, helping you progress to multi-level classes. Good technique, comfort, relaxation, flexibility and strength will be covered with participants in a safe and effective way.

**MULTI-LEVEL:** Classes listed below offer a variety of ways to get toned and in shape. Classes may be mostly strength and toning or mostly cardio conditioning, but many contain both!

**Body Sculpt** - Toning to hit all major muscle groups.

**Butz & Gutz** - All toning to target those legs, glutes, and core!

**Cardio Mix** - 45 minutes of pure energy in cardio form! Enjoy a mix of hi/lo, step, kickboxing, etc.

**Core Strength** - 45 minutes of toning and strengthening all major muscle groups with lots of core work!

**Cycle Box** - Intervals of cycling and kickboxing, jabs, hooks, upper cuts and more!

**Cycle/Strength** - Intervals of cardio on the bike with strength work using dumbbells, resistance tubing and bars.

**Cycle Circuit** - Intervals of cardio on the bike mixed with other circuits - jump ropes, plyometrics, and strength work.

**Gentle Yoga** - A gentle form of yoga for those just starting out their yoga practice or those who may enjoy a slower pace

**Group Cycle** - High energy, heart pumping fun on a bike! Class limit of 12. Please call the Front Desk the day of class to reserve your bike.

**Muscle Pump** - A class designed to help you work harder to tone and strengthen all muscles using bars and weight plates, dumbbells, bands, body weight and/or stability balls.

**Power Core** - 20 minutes of exercises targeting the core muscles - abdominals, back and glutes.

**R & B YogaFlow** - 45 minutes of flowing yoga poses set to R & B music :)

**Step Express** - 40 minutes of just step aerobics!

**Step Interval** - Intervals of step and kickboxing, jump ropes, strength training, etc.

**YogaFlow** - Yoga practice consisting of flowing yoga poses.



This class fuses latin rhythms and easy to follow moves to create a workout that is more fun than work! Come join the party!



This class combines Zumba dance rhythms and toning using the Zumba Toning Sticks or light hand weights.

**FITNESS ENTHUSIAST:** For those looking for an additional challenge in their exercise routine. Classes move at a fast, intense pace!

**Power Plyo** - This class is based off the Tabata Protocol and has you perform 20 seconds of intense, all-out cardio followed by 10 seconds of recovery with a 5 minute warm-up and 3 minute cool-down/stretch at the end.

**YOUTH FITNESS:** These classes are designed to bring fun to fitness for youth from 7-12 years of age, offering cardiovascular as well as strength/endurance and flexibility to their workouts.

**Fit Kids** - Group exercise for kids 7-12 years old. Includes, but is not limited to, games, drills, agility and strength.

**Fitter Kritters** - Group games/activities for ages 2 and up.

<b>Rainbow Room Hours:</b>	<b>Monday - Friday</b>	<b>8:15am - 1:00pm and 3:00pm - 8:00pm</b>
	<b>Saturday</b>	<b>8:15am - 4:00pm</b>
	<b>Sunday</b>	<b>12:00 - 3:00pm</b>