



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS SCHEDULE

Effective: January 2, 2012
Ending: February 11, 2012

Start Time	Mon.	Tues	Wed.	Thur.	Fri.	Sat.
7:30 am	Total Body Flex					
8:00am				Functional Conditioning Training		Zumba® / Latin Dance
8:30 am	Pilates	Cardio Power	Pilates		Pilates	
9:00 am						Power Yoga
9:30 am					Zumba® / Latin Dance	
4:45 pm	Cardio Pump	Pilates	Cardio Pump	Pilates		
5:00 pm	Kids In Motion 5:30-7:30 pm	Kids In Motion 5:30-7:30 pm	Kids In Motion 5:30-7:30 pm	Kids In Motion 5:30-7:30 pm		
5:30 pm	Interval Power	Zumba® / Latin Dance	New You Aerobic/Toning Variety	New You Interval Step		
6:30 pm	Zumba® / Latin Dance	Power Yoga		Zumba® / Latin Dance		

CLASSES ARE SUBJECT TO CHANGE IF ATTENDANCE IS LOW.

**Fitness package prices:
Members \$15/ Program Members \$50**

Class Descriptions

TOTAL BODY FLEX- This 55 minute strength based work out will challenge each of your major muscle groups. 4.5 minute intervals using maximum resistance equipment.

PILATES / STABILITY BALL- A challenging non impact workout that strengthens the “power house” muscles of the abdomen, hips, low back and gluts. Also improves posture and stability.

A NEW YOU AEROBIC- A class designed for all levels. 30 minutes of cardio, 30 minutes for muscular strength, muscle tone and flexibility using bands, weights, home gym, flex ball and mat work. We take your weight and inches for this class.

FUNCTIONAL CONDITIONING TRAINING- Explode your fitness training with strength, athletic agility, and plyometrico for a super intense, highly effective full body workout.

A NEW YOU INTERVAL STEP CIRCUIT- This interval workout combines aerobic exercise with anaerobic improvements allowing individuals to work out at a higher level of intensity.

CARDIO POWER- An intense workout that pieces together high intensity cardio segments with power based movements and weights, finishing with sculpting abdominal exercises. A fun and effective workout that will build muscle and torch body fat!

CARDIO PUMP- 30 minutes of high intensity cardio/strength workout. Hand weights are used in this class. This class will get your heart rate up and muscles pumped.

ZUMBA- Dance fitness, high energy Latin music, muscle-pumping, body energizing.

KICK BOE- (Available In Fall) High energy workout with a combination of kick boxing and martial art moves. Guaranteed to give you a cardio workout and burn lots of calories.

INTERVAL NEW YOU POWER- Weight training, barbells working all major muscle groups. Conditions, tones and defines muscles with motivational music.

BOLLYWOOD- Dance, sequence combines rich texture of India elements of Jazz, Hip-Hop, Aerobic and Latin.

POWER YOGA- An all level Yoga class with an emphasis on strength, endurance, balance and flexibility. A focus on breathing; through a series of asanas(poses) that help to increase core, arm and leg strength while improving cardiovascular fitness. Poses consist of folds, backbends, inversions, arm/leg balances, power series, also to include, twisting and range of motion exercises. Namaste'

TAI-CHI- Bring balance into your life with gentle moving meditations that will increase strength from the inside out.