

Group Fitness Schedule for NEW Studio – JAN 2009*

| | MON | TUES | WED | THUR | FRI | ☆ | SAT** | SUN |
|-----------------|------------------------------|------------------------------|-----------------------------|----------------------------|------------------------------|-----------------|------------------------------|--------------------------|
| 9:00 am | BODY PUMP <i>VICTORIA</i> | | ZUMBA <i>VICTORIA</i> | | BODY PUMP <i>VICTORIA</i> | 9:30 am | BODY PUMP <i>VICTORIA</i> | |
| 10:00 am | KICK & CORE <i>RICH</i> | BODY PUMP <i>VICTORIA</i> | BODY PUMP <i>JACQUI</i> | KICK & CORE <i>RICH</i> | CYCLE <i>JACQUI</i> | 10:30 am | PI-YO <i>DEB</i> | ZUMBA <i>VICTORIA</i> |
| | | | | | | | | |
| 4:30 pm | STEP <i>JACQUI</i> | KICK & CORE <i>RICH</i> | CYCLE <i>JACQUI</i> | | | | | |
| 5:30 pm | BODY PUMP <i>JACQUI</i> | | KICKBOX <i>WITH DEB</i> | ZUMBA <i>VICTORIA</i> | BODY PUMP <i>VICTORIA</i> | | | |
| 6:30 pm | ZUMBA <i>VICTORIA</i> | FREESTYLE STEP <i>DEB</i> | BODY PUMP <i>HEATHER</i> | PI-YO <i>DEB</i> | | | | |
| 7:30 pm | | ZUMBA <i>VICTORIA</i> | | | | | | |

*may change without advanced notice

**Weekend classes on the half hour

Class Descriptions:

BODYPUMP:

A barbell workout that burns up to 800 calories per class.

The *FASTEST* way in the universe to lose weight!

STEP/

FREESTYLE STEP:

Step workouts that burn crazy calories with high-energy cardio intervals!

KICKBOX WITH DEB:

An extreme mixture of kicking and punching for a high calorie burn.

ZUMBA:

Latin dance based cardio program that makes working out a ton of fun.

Burn up to 1000 calories! Ditch the workout and join the PARTY!

Kick & Core

Kicking and punching moves that work major muscle groups.

CYCLE:

Enjoy a heart-pounding workout that can burn up to 600 calories in this indoor cycling class!

PI-YO:

A fantastic fusion of Pilates and Yoga in one class!