

# GROUP EXERCISE

## SPRING BREAK SCHEDULE

### March 10, 2008 - March 14, 2008

All Spinning ® classes in studio 306 and all other classes in studio 409

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6:30 AM</b>	SPINNING ® Chris	HAVING-A-BALL Aneta	SPINNING ® Chris		BODY SCULPT Aneta
<b>7:00 AM</b>				BODY SCULPT Chris	
<b>7:30 AM</b>			CORE TRAINING Chris	SPINNING ® Kim	
<b>12:00 PM</b>	BODYPUMP™ Portia		SPINNING ® Kim	CARDIO & TONE Laurel	SPINNING ® Laurel
<b>4:00 PM</b>	BODYPUMP™ Katie				
<b>5:15 PM</b>		SPINNING ® Lisa	BODYPUMP™ Katie	SPINNING ® Debra	
<b>5:30 PM</b>		STEP & TONE Amy			
<b>6:30 PM</b>	SPINNING ® Debra		SPINNING ® Faris		

#### CLASS DESCRIPTIONS

**BODY BLITZ (50 MINUTE CLASS):** A total fitness workout incorporating cardiovascular, strength and flexibility training. Using the philosophy of athletic training, Body Blitz is taught in an interval format with high and low intensity levels.

**BODYPUMP™ (55 MINUTE CLASS):** A toning and conditioning class with weights and is for just about everybody. It's perfect for both males and females who want to add strength training into their aerobic workout. You won't know if you don't go. So meet the challenge and reap the rewards.

**BODY SCULPT (50 MINUTE CLASS):** This class will help sculpt and define every muscle group with the use of resistance bands, stability balls, BOSU™ balls, bodybars and dumbbells. Build endurance and get the results you desire!

**CARDIO & TONE (50 MINUTE CLASS):** The first half of the class concentrates on high intensity, low impact aerobic moves. The second half of the class will focus on toning and sculpting all the major muscle groups.

**CORE TRAINING (30 MINUTE CLASS):** This thirty minute ab blast works to firm and strengthen the lower back and abdominal section.

**HAVING-A-BALL (50 MINUTE CLASS):** A core based training session which uses a stability ball. This class integrates balance with muscular strength, endurance, power, agility, cardiovascular conditioning, and flexibility. Prepare to work!

**SPINNING ® (45 MINUTE CLASS):** Peddle your way to a fantastic workout indoors! With the use of stationary cycles, each class is lead on a "virtual" outdoor road, complete with a variety of exercises.

**STEP & TONE (50 MINUTE CLASS):** An easy to follow fun step class, followed by sculpting and toning all the major muscle groups.

