

FALL 2010 Fitness Schedule

GROUP FITNESS CLASSES BEGIN MONDAY, AUGUST 23, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
6-7 AM	XFIT		XFIT		XFIT
NOON	CIRCUIT TRAINING		CIRCUIT TRAINING		CIRCUIT TRAINING
PERSONAL Fitness & Wellness INSTRUCTION AVAILABLE BY APPOINTMENT: In the Month of September					
5:30-6:30 PM		CARDIO KICKBOXING		CARDIO KICKBOXING	
6:30-7:30 PM	WOMEN'S ONLY	FUNCTIONAL/CORE FITNESS	WOMEN'S ONLY	FUNCTIONAL/CORE FITNESS	
8-9 PM	SPIN		SPIN		

Circuit Training: With a combination of high-intensity aerobic and resistance training, this easy-to-follow workout is great for everyone. (45 mins.)

Spin: Aerobic cycling that engages the entire body for a challenging aerobic workout. (45 mins.)

Cardio Kickboxing: Designed as an energizing and explosive aerobic exercise, this program is sure to sculpt and train your body beyond expectations. (1 hr.)

Functional/Core Fitness: A whole-body workout that focuses on using everyday moves to strengthen your core--good for all fitness levels. (45 mins.)

XFIT: Extreme fitness in training with emphasis on core strength and repetition (not recommended for beginners). (1 hr.)

Women's Only: This class is designed for women only. This workout strengthens and tones the whole body. (1 hr.)

For more information, contact

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