

Spring Fitness Schedule 2011

	Monday	Tuesday	Wednesday	Thursday	Friday
6-7 AM	XFIT		XFIT		XFIT
11:15-12:00 AM		SPIN		SPIN	
ENROLL & PERSONAL FITNESS: CALL KAREN @ 846-4567 PERSONAL NUTRITION: CALL LEIGH @ 846-4572					
2-3 PM	BOOT CAMP		BOOT CAMP		
4-5 PM	YOGA	TOTAL BODY MAKEOVER	YOGA	TOTAL BODY MAKEOVER	
5-6 PM	BODY SCULPTING (45 min)	CARDIO-KICKBOXING (5:30-6:30 PM)	BODY SCULPTING (45 min)	CARDIO-KICKBOXING (5:30-6:30 PM)	

XFIT - Extreme Fitness in strength training with an emphasis on core strength and repetition (not recommended for beginners) **1hr**

Spin - Aerobic cycling that engages the entire body for a challenging aerobic workout. **45 min**

Boot Camp - Jam-packed with solid conditioning exercises, this program is proven to define, tone, and strengthen your muscles and heart. **1 hr**

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

Yoga - A workout that will relax, stretch and de-stress the whole body. **1hr**

Body Sculpting - Uses resistance training to sculpt the body. **45 min**

Total Body Makeover - Combines aerobic workout, strength training, and stretching to give you a total body workout. **1hr**

Classes will Begin January 18th

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