

# GROUP FITNESS SEPTEMBER 2010

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

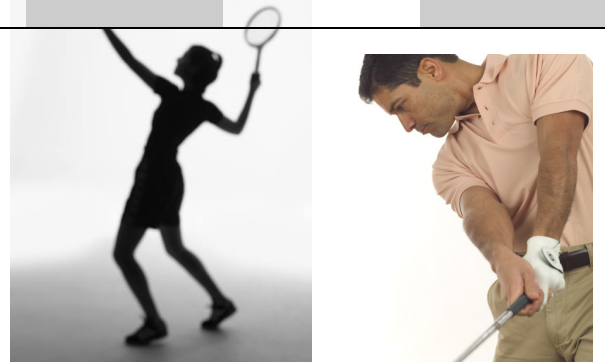
The RP Ride 5:45 a.m. SOFIA	*MASTERS SWIM 6:30 am ADAM	The RP Ride 5:45 a.m. SOFIA	*MASTERS SWIM 6:30 am ADAM	The RP Ride 5:45 a.m. DAVID		
	HathaFLOWYoga 8:15 a.m. JULIE	<b><u>BOOTCAMP*</u></b> 8:30 JACKIE	HathaFLOWYoga 8:30 a.m. ANNE	The RP Ride 8:00 a.m. JACKIE	The RP Ride 8:00 a.m. SOFIA	
The RP RIDE 8:30 am SOFIA	The RP RIDE 8:30 am SOFIA	The RP RIDE 9:30 am ELLEN	The RP RIDE 8:30 am JACKIE	COACHED SWIM 9:00 a.m. ADAM	Intermediate Step 8:45-9:15 JACKIE	
Cardio and Strength 9:30 JACKIE	Power SCULPT 9:30 a.m. NATASHA	Bender Ball 9:30—10:00 a.m. SOFIA	Power SCULPT 9:30 a.m. NATASHA	STEP & Strength 9:00 a.m. SOFIA	Strength Circuit 9:15-9:45 am JACKIE	
	The RP RIDE 9:30 a.m. JACKIE	Rebound & Weights 10:00-10:30 am SOFIA	The RP Ride 9:30 a.m. SOFIA	RP RIDE 10:00 a.m. JACKIE	RP RIDE 10:00 a.m. JACKIE	
PILATES 10:30 a.m. JENNIFER	ZUMBA 10:30 a.m. SHEILA		ZUMBA 10:30 a.m. SHEILA			
			<b>MARTIAL Arts*</b> 4:30 p.m. <b>YOUTH (ages 5-12)</b>		HathaFLOWYoga 11:00 a.m. ANNE	
CYCLE 6:00 p.m. JESSICA		The RP Ride 6:00 p.m. TAYLOR	<b>MARTIAL Arts*</b> 6:30 p.m. <b>ADULT (ages 13+)</b>			
			WATER AEROBICS 6:30 p.m. ERIKA			

## CONTACT US

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\* INDICATES FEE CLASS

# CLASS DESCRIPTIONS

## Cardio & Strength Classes

**RP RIDE:** Bring your outdoor cycle training indoors. Geared for both novice and veteran riders. Cycle shoes optional (SPD compatible peddles). Water bottle recommended. Lots of energy required! (45 minutes)



**Cardio and Strength:** Pace yourself, or go the limit in Jackie's ultimate interval workout. Classes incorporate kick boxing, sports conditioning, step, weights and much more! Improve cardiovascular and muscular strength and endurance in boot camp style! One of the most fun ways to get fit! Suitable for all levels. (60 minutes)

**POWER SCULPT:** A muscle conditioning class utilizing tubing and hand-held weights focusing on all body parts for a GREAT total body workout! Natasha makes sure each workout is unique insuring you will never get bored. All Levels Welcome. (60 minutes)



**REBOUNDING + STRENGTH:** Bouncing on a Mini Trampoline! Unlike traditional trampoline designed for big bouncing and gymnastics, Sofia's rebounding class utilizes small, controlled movements in a low impact but not low energy cardio class. A resistance segment follows. All levels welcome. (60 minutes)

**STEP & STRENGTH:** A Step workout followed by a Muscle Conditioning segment. Two great workouts in one. Experience recommended but not required. (60 minutes)

## Mind & Body Classes

**HATHA FLOW YOGA:** A flowing form of Hatha designed to enhance vitality and sense of well-being. Focus on flexibility, balance, strength, and posture. All levels welcome.

**MAT PILATES:** A popular non-impact format that focuses on proper core training to improve muscle strength and length, mobility, stabilization and body alignment. Find out how great it feels! A total body workout. Suitable for all levels.

