

Group Fitness Schedule

EFFECTIVE September 26th, 2011.

■ SPINNING CLASSES TAKE PLACE IN THE SPINNING STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------|-----------------------------------|-------------------------------|---|-----------------------------------|--|---|---------------------------------|
| 6:00AM | | Spin Tracey | | Spin Frances | | | |
| 8:15 AM | Aqua Linda and Tracey | | Aqua Linda and Tracey | PerFit Pump Linda | Aqua Linda Spin Tracey | Sunrise Yoga Michelle/Ruth | |
| 9:15 AM | Muscle Fusion Andrea / Tracey | Killer Cardio Pat/Marcella | Bootcamp Tracey & Linda Spin Andrea | Pure Pump Andrea | Performance Plus Linda/ Marcella Spin Sandy/Michelle | Boot Camp Tracey/ Andrea Spin Frances | Zumba Jean |
| 10:15AM | Pilates Laura | Not Just Abs Laura/Sandy | Yoga Aarti/Ruth | Yoga Aarti | | | Yoga Emilie Spin Sandy |
| 5:15 PM | Pure Pump Andrea | H.O.T. Colleen/Linda | Pure Pump Andrea | Zumba Jean | | | |
| 6:15 PM | Zumba Fryda Spin Frances | Spin Andrea/Michelle | Pilates Laura Spin Sandy | Spin Frances Yoga Emilie | | | |
| 7:15 PM | Body Sculpt Yoga Emilie | Chi Kung | | | | | |
| 8:15 PM | | Yoga Michelle | | | | | |
| Child Minding Services | | | | | | | |
| | 9am-12:30pm + 5pm-9pm | 9am-1:30pm | 9am-1:30pm + 5pm-9pm | 9am-12:30pm | 9am-1:30pm | 9am-1:00pm | CLOSED |

ALL CLASSES ARE 55 MINUTES UNLESS OTHERWISE INDICATED.

SPINNING REQUIRES SPOT RESERVATION
WITH MEMBERSHIP CARD AT RECEPTION. ALL LEVELS OF PARTICIPANTS WELCOME TO ANY CLASS.

CLASS DESCRIPTIONS

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BODY MIND & SPIRIT

BODY SCULPT YOGA: Transform from the inside out! Experience a dramatic development of muscular strength & flexibility that will strengthen and tone your core, back, legs and arms.

YOGA/SUNRISE YOGA: A systematic series of stretching postures designed to relieve tension, stimulate the mind and revitalize your energy including stress management, longevity, increased energy, balancing & healing illness.

CHI KUNG: Chi Kung is an ancient healing art that is the mother of Chinese philosophy & traditional Chinese medicine. It has many forms & is beneficial in many areas including stress management, longevity, increased energy, balancing & healing illness.

STRETCH & SCULPT

PURE PUMP: Pump that body! Receive maximal results in the shortest period of time in this high intensity total body workout utilizing body bars, swiss balls, weights and Thera- bands.

Perfit Seniors Pump

Low impact resistance training at its best, for our best. In keeping with our commitment to Perfit Seniors, this class has been specially designed to safely incorporate weights into your routine. Finish with core and stretching for a well balanced workout.

TAKE NO PRISONERS

BOOT CAMP: This is not your mothers workout! Join in this military style workout designed to kick your butt!

H.O.T (High Octane Training): Get your heart rate up using a combo of athletic based movements and intervals. This class offers a great cross training option where Step, Swiss balls, BOSU's, body bars and other equipment may be used.

Muscle Fusion - Get yourself moving with this fast paced workout. Featuring intervals of alternating muscle conditioning and core cardio this fusion class will get your heart rate up!

Performance Plus - This challenging class will put it up a notch...mixture of circuit...martial arts...blasting cardio and muscle endurance exercises... every class will be making you wonder what's next

Not Just Ab's - Challenging workout focusing on transforming invisible abs into a 6-pack! Attention to back, butt and thighs will not be avoided! Weights, balls and other equipment will be utilized.

ULTIMATE CORE CONDITIONING

PILATES: Create a flatter stomach and develop long lean muscles. This mat work class based upon the techniques of Joseph. H. Pilates promotes postural alignment, flexibility, breathing and development of the core stabilizer muscles. Feel strong and walk taller.

PerFit Seniors: Exercise and dancing to the rhythm of music in water. This invigorating class improves cardiovascular conditioning and muscular strength & endurance using the buoyancy and resistance of the water to give you a safe and effective workout in our salt water pool!

AQUA DANCE

ZUMBA : Come and experience an absolute blast of hypnotic musical rhythms and tantalizing moves. The routines feature fast and slow rhythms of latin flavour and international zest.

SPINNING CLASSES – Held in our Spinning studio

SPIN: Combine cycling techniques with a fulfilling mental journey. Ride your way to a new level of fitness in this exhilarating body challenging class and burn up to 600 calories per hour!

BOOGIE & BOX – Not just kickboxing, not just another dance class

Come prepared to kick and shake your butt. Create that dancers body with this intense combo class.