



Group Fitness Schedule

Effective February 6th – March 4th, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Iron Bodies Jesus	Total Body Conditioning Sasha	Fit Bag Ben <i>Martial arts room</i>	Total Body Conditioning Sasha	Iron Bodies Jesus		
7:00 AM			Zumba! Rhabbi				
7:30 AM		Pilates Mat Jesus		Pilates Mat Jesus			
8:30 AM	Step-It-Up! Natalie	Pilates Flow Randy	Hard CORE Chiseled Brittany		Cardio Cuts Brittany	Pilates Mat Lauren/Jesus [8:15—9am]	
9:00 AM	Hard CORE! Natalie [9:15—9:30]			Belly Buster Shona [9:15 – 9:30]		Chiseled Marlene/Kelley [9:00—10:15am]	Turbokick James
9:30 AM	CORE Reform Natalie		Yoga Jesus		Yogalates Randy		
10:00 AM			Baby Boot* Camp! Nancy			Cardio Express! Marlene/Kelley [10:15—11:00am]	Yoga Talina
11:45 AM to 12:30 PM		Chiseled Kelley	Power Yoga Katalin	Chiseled Kelley		Power Yoga Jesus [11:30 - 1:00 pm]	
12:00 PM to 12:45 PM	Core Strength & Balance Karyn		Fit Bag Karyn <i>Martial Arts Room</i>		Yoga Talina [11:45-12:30]		
4:00 PM				Feldenkrais® Laura [3:00pm-3:45pm]		Chiseled James	Pilates Mat Jesus
4:30 PM	Hard CORE Chiseled Troy	Hip Hop Hustle James	Power Intervals Kelley	Zumba! James	Chiseled Ben		
5:00 PM	XTC Kelley <i>cycle/fight room</i> [4:30 pm]	Fit Bag Ben <i>Martial arts room</i>		Fit Bag Ben <i>Martial arts room</i>	You may start this class at 5pm or 5:30pm!		Vinyasa Flow Dhyana [90 min]
5:15 PM	Hard CORE! Troy	Belly Buster James	Hard CORE! Kelley		Belly Buster Ben		
5:30 PM	Cardio Blast! Ashley	Butt n' Belly BURN! James	Upper Body BURN! Kelley	Power Yoga Nina			
5:30 PM	Pilates Mat Talina <i>Martial arts room</i>				Bag Boot Camp Ben <i>Martial arts room</i>		
6:15 PM	Hard CORE! Ashley	Belly Buster James	Belly Buster Kelley				
6:30 PM	Power Yoga Katalin	Yoga Talina	Cardio Express w/ abs! Marlene	Ben's Booty Camp Blast! Ben			
7:30 PM		Chiseled Ben	Yoga Jesus				
8:30 PM			Chiseled James				

**No Cost! Doctor's clearance required for pre and post-natal classes.
Call Kelley for more info: 281-413-9627*

These classes are new and improved (instructor of format change)



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Belly Buster – *Washboard abs are on the way!* A quick 15 minutes of power packed abdominal and low back exercises. (B, I, A)

Bag Boot Camp– Utilize both the fight room and group fitness room for this power packed class to burn major calories before the weekend! (B, I, A)

Ben's Booty Camp Blast– *Experience Ben's madness.* Fun and different workouts each week with this combo of cardio and strength! (B, I, A)

Butt & Belly BURN! - *A sculpting workout that focuses on the muscles below the belt, but also incorporates total-body functional training.* The most challenging part of this class will be getting out of bed the next day! (B,I,A)

Cardio Blast- *Get your heart rate up and burn the fat away!* Simple enough to follow, but tough enough to get that heart rate pumping!!(B, I, A)

Cardio Express—Push yourself to the limit in this fast paced, high energy, ever-changing cardio class! No fancy dance steps, just athletic, simple to learn moves. Get ready to sweat! (B, I, A)

Chiseled – *Strengthening and toning from top to bottom!* A well rounded workout using free weights, bands, tubing, etc. for strengthening all major muscle groups; designed to define, shape and tone your body. (B,I,A)

Core Reform- *Take your Pilates core to the next level!* Use bands and balls to simulate Pilates work done on the Reformer (I,A)

Core Strength and Balance - An amazing full body workout that incorporates plyometrics, balance, calisthenics and body weight resistance training to guarantee you are Fit to the core. (B, I, A)

Feldekrais® - *release!* A dynamic mind-body approach to health and fitness. Specific movement sequences designed to release patterns of tension, improve coordination, flexibility and alignment. Come ready to experience something new- condition your mind and body. (B,I,A)

Fit Bag - An incredibly fun and stress relieving class incorporating the best of martial arts, boxing and boot camp, a real "kick your butt" workout for anyone looking to shape up quick. (B, I, A)

Hard CORE! Go deeper than just your abs! Try this Pilates-inspired 15-minute belly buster to get functional, strong, and toned from the core out! (B, I, A)

Hard CORE Chiseled- *Take your chiseled workout to the next level!* Using the BOSU balance trainer, add stability and core work to this total body workout. (B,I,A)

Hip Hop Hustle– *No technique required.* Simply come in to move, groove, and have a good time, all while you SWEAT! (B, I, A)

Iron Bodies- Burn fat, build muscle, and become a better athlete with this creative and challenging circuit class. Use ropes, kettlebells, BOSUs, medicine balls and more during this fun, but intense hour long workout! (B,I,A)

Pilates Flow - *Feel the flow as you build core strength!* Movement sequence based conditioning program utilizing Pilates and dance concepts of breath, core conditioning, flexibility and body alignment. (B,I,A)

Pilates Mat Class – *Strengthen and lengthen from the inside out!* Strengthen and lengthen your entire body by learning to develop and use your core stabilization muscles. Pilates Mat Class offers an intensive class designed to strengthen the body where it counts- in the abs, back, legs and glutes. (B,I,A)

Power Intervals - *Intense back to back drills!* High intensity interval training utilizing weights, plyometrics and cardio drills. (I,A)

Power Yoga – *Non-stop Yoga!* A challenging and disciplined series of poses designed to create heat and energy flow. This is a rigorous workout that develops strength and flexibility while keeping you on the move. (I,A)

Vinyasa Flow– This class explores advanced variations of inversions, arm balances and backbends through a sequence of vinyasa flow that will stretch, tone and strengthen the entire body. Familiarity with basic postures is recommended.

Step-It Up- Check out this high-intensity interval based workout that will make your buns burn and your heart rate pound! Use the step for simple, uncomplicated step movements along with strength building exercises and fat burning plyometrics. This is your one-stop fat-burning class! (B, I, A)

***Stroller Boot Camp** – *Loose that "baby weight" and meet other new moms!* We'll use interval training to melt fat away and build muscle back safely!

Turbokick– Kickboxing made fun. Try this class for a fast-moving, but fun workout sure to make you burn some serious calories (B, I, A)

Total Body Conditioning– Meet Sasha on the treadmills for 30 minutes of cardio followed by 30 minutes of weight training, (I, A)

Upper Body BURN! – *A cut above!* Focus on sculpting your upper body while you also work functional total body exercises! (B, I, A)

XTC- CROSS TRAINING CHALLENGE will push both your cardio and muscular strength to the limit! Start in the cycling room with a quick bout on the bikes for cardio and then move to the group room for a blend of high-intensity resistance work and explosive, athletic movement. (I,A)

Yogalates – *A nice blend of two classes!* A smooth blend of Yoga and Pilates designed to strengthen and streamline core muscle stability. (B,I,A)

Zumba- *More than just a workout- it's a party!* Cardio dance workout to salsa, meringue, cumbia and hip-hop that you don't have to be a dancer to do! The most fun you'll ever have burning calories! (B, I, A)