



Group Fitness Spring 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning 5:45 a.m. to 6:30 a.m.	FAST 5:30 a.m. to 6:30 p.m.	Spinning 5:45 a.m. to 6:30 a.m.	FAST 5:30 a.m. to 6:30 p.m.	Spinning 5:45 a.m. to 6:30 a.m.	
FAST 6 a.m. to 7 a.m.	Spinning 6:15 a.m. to 7 a.m.	FAST 6 a.m. to 7 a.m.	Spinning 6:15 a.m. to 7 a.m.	FAST 6 a.m. to 7 a.m.	Spinning 7:15 a.m. to 8 a.m.
	Short and Sweet 8 a.m. to 8:25 a.m.		Short and Sweet 8 a.m. to 8:25 a.m.		Spinning 8:30 a.m. to 9:15 a.m.
Cardio Blast 8:30 a.m. to 9:25 a.m.	Pilates 8:30 a.m. to 9:30 a.m.	Cardio Blast 8:30 a.m. to 9:25 a.m.	Pilates 8:30 a.m. to 9:30 a.m.	Cardio Blast 8:30 a.m. to 9:25 a.m.	Body Pump 9 a.m. to 9:50 a.m.
Spinning 9 a.m. to 9:45 a.m.	Spinning 9:30 a.m. to 10:15 a.m.	Spinning 9 a.m. to 10 a.m.	Spinning 9:30 a.m. to 10:15 a.m.	Spinning 9 a.m. to 9:45 a.m.	Zumba 10 a.m. to 11 a.m.
Body Pump 9:30 a.m. to 10:25 a.m.	Zumba 9:35 a.m. to 10:35 a.m.	Body Pump 9:30 a.m. to 10:25 a.m.	Zumba 9:35 a.m. to 10:35 a.m.	Body Pump 9:30 a.m. to 10:25 a.m.	
Zumba 10:35 a.m. to 11:20 a.m.	Ultimate Abs 10:40 a.m. to 11 a.m.	Zumba 10:35 a.m. to 11:20 a.m.	Ultimate Abs 10:40 a.m. to 11 a.m.	Zumba 10:35 a.m. to 11:20 a.m.	
Sculpt 'N' Burn 12 p.m. to 12:45 p.m.	Circuit 12 p.m. to 12:30 p.m.	Sculpt 'N' Burn 12 p.m. to 12:45 p.m.	Circuit 12 p.m. to 12:30 p.m.	Breakaway 12:05 p.m. to 12:50 p.m.	
Energize 1 p.m. to 2 p.m.	Gentle Yoga 12:30 p.m. to 1 p.m.	Energize 1 p.m. to 2 p.m.	Gentle Yoga 12:30 p.m. to 1 p.m.	Energize 1 p.m. to 2 p.m.	
Powertone 5:30 p.m. to 6:20 p.m.	Sculpt 'N' Burn 5:30 p.m. to 6:20 p.m.	Powertone 5:30 p.m. to 6:20 p.m.	Sculpt 'N' Burn 5:30 p.m. to 6:20 p.m.		
Spinning 6 p.m. to 6:45 p.m.	Spinning 6 p.m. to 7 p.m.	Spinning 6 p.m. to 6:45 p.m.	Spinning 6 p.m. to 7 p.m.		
Zumba 6:30 p.m. to 7:30 p.m.	Body Pump 6:30 p.m. to 7:30 p.m.	Zumba 6:30 p.m. to 7:30 p.m.	Body Pump 6:30 p.m. to 7:30 p.m.		
	Yoga 7:45 p.m. to 8:30 p.m.		Yoga 7:45 p.m. to 8:30 p.m.		
					Revised 5/1/2012



Group Fitness Spring 2012



Body Pump ♥-♥♥♥

This is the original barbell class that strengthens your entire body.

Breakaway ♥-♥♥♥

Breakaway from your day to jump into one of these fun 15-minute mini classes. Come to one, two or all! Arms, Core, then Legs.

Cardio Blast ♥♥-♥♥♥

Forty minutes of heart pumping cardio that will use movements from kickboxing, hi-lo, step, and Zumba - no two classes are the same!

Energizer ♥-♥♥

Low impact cardio, strength, and stretching for all abilities.

FAST – Functional, Agility, and Strength Training ♥♥♥

Discover your inner athlete with a blend of strength and cardio movements reminiscent of your high school sports practices.

Pilates ♥-♥♥♥

Improve core strength and posture while practicing proper breathing techniques.

Powertone ♥-♥♥♥

This class will define and strengthen from head to toe using many fitness toys!

Short and Sweet ♥-♥♥

This quick aerobic workout that is easy on your joints (low impact)!

Sculpt 'N' Burn ♥-♥♥♥

This "feel good class" will lift your spirits, and help energize you for the rest of your day! Join us for strength and cardio combined.

Spinning ♥-♥♥♥

Please bring water and a towel to this unique cycling class! Reserve your seat by calling 924.1884.

Turbo Kick ♥-♥♥♥

This sculpting and conditioning class is a fusion of hip hop and kickboxing to make one heck of a workout!

Ultimate Abs ♥-♥♥♥

Just like it says - 20 minutes of core torture!

Yoga ♥-♥♥♥

Watch your strength take root and your limbs stretch toward the sun while practicing the ancient craft of Yoga.

Zumba ♥-♥♥♥

A fusion of Latin and International music and dance themes, creating an intense and dynamic 60 minute fitness experience.

*Classes are subject to change due to instructor availability and Citizen attendance.