

# Group Fitness Studio

# Small Group Training

# Spinning

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	Turbo Kick Kendra				Turbo Kick Kendra	8:15 AM Sunrise Yoga Kelsie
9:00am	Muscle Mix Sarah	Zumba Jen D	CSI Kori	Butts n Guts Bonnie	Zumba/Tone & Flex Sarah	Zumba Ellen
10:00am		Silver Sneakers	Cardio Fit Bonnie	Silver Sneakers		
4:30pm	Cardio Fit Kelsie					<b>FEB 2012</b>
5:30pm	High Def Lori	Butts n Guts Bonnie	High Def Lori	Total Body Fusion Ellen		
6:30pm	Turbo Kick Kori	Bounce Ellen	Yoga Nichola	Zumba V		
7:30pm			Zumba Chris			
5:45am		<i>LesMills™</i> BodyPump* Kendra/Michelle				
9:15am	Cardio Kickbox Chuck M	<i>LesMills™</i> BodyPump* Johnnie R				<i>LesMills™</i> BodyPump* Johnnie R
12:15pm to 12:45pm					Fitness Express Angela T	AAAA On 2/25 <i>LesMills</i> BodyPump will start at 9:00am
5:30pm	B.L.T. Maria	Cardio Kickbox Chuck M				
6:00pm				<i>LesMills™</i> BodyPump* Kendra/Michelle		
6:30pm		Muscle Conditioning Mike W	Circuit Training Johnnie R			
5:45am	Traci Mike R	Mandy Doug	Mike S Doug Mike R	Kerri	Mike R	Please see the schedule in the spinning room for instructor dates.
8:15am	Maribeth Darlene Dan		Maribeth Darlene		Maribeth Darlene Dan	Mike S, Mandy, Kerri, Doug
5:45pm	Dan Mandy Doug	Fritz Mike S Dan	Dan Doug Mike S	Mandy	Dan Doug	Sunday Spinning is BACK! See schedule in Spinning Room!

*\*LesMills BODYPUMP is first come, first serve*

# Class Descriptions

**B.L.T. (Butts, Legs, Thighs):** Lower body workout that will tone & tighten from your hips to your heels.

**Bounce:** Bounce uses the BOSU balance trainer, medicine ball and stability ball for a full body workout that's both challenging and fun. Participants will improve balance, posture, core strength and cardio endurance. Ideal for all fitness levels.

**Butts & Guts:** Defy the effects of gravity with a targeted shaping and sculpting routine: butts, guts and more.

**Cardio Fit:** An aerobic and strength training class with low/moderate intensity that incorporates cardio, strength, and core work.

**Cardio Kickbox:** a mix of martial arts characterized by the use of quick moves in rapid-fire succession - taken to the next level!! Challenge yourself and have fun at the same time!

**Circuit Training:** A workout program designed to mix cardiovascular exercise, strength training, and a focus on the abs to create a dynamic system that can result in losing the trouble zones.

**CSI:** Join us for a fun and energetic routine that combines cardio segments with resistance exercises. This total body workout is great for everyone!

**Fitness Express Workout :** Each 30 minute circuit-training workout will burn mega calories and build strong, lean muscle.. There's also a brief warm-up session and a cool down stretch.

**High Definition:** Increase definition, endurance and lean body mass by strengthening each muscle group in short spurts of time.

**Les Mills BODYPUMP™:** This is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

**Muscle Conditioning:** Class includes athletic drills, interval and circuit training rolled into one. A great addition to anyone's cross training routine.

**Muscle Mix:** Mix up your workout with this strength and toning class using dumbbells, bands, body bar and your own body weight to create a strong lean body.

**Silver Sneakers®:** These classes are appropriate for older adults who are fit and active, as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat, social environment.

**Sunrise Yoga:** Yoga has many benefits, increasing flexibility, strength and improving balance. Sunrise Yoga is designed to take you through beginner Yoga poses and stretches.

**Total Body Fusion:** is a total body conditioning class, working each major muscle group to burn maximum calories.

**TurboKick®:** A combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength/endurance training, and a relaxing cool down.

**Yoga:** Pose awareness between mind and body with playful and flowing movements. Bringing out the quiet energy held within the heart.

**Zumba®:** Combining Latin and international music and fun, easy-to-follow dance steps results in an interval training class that will maximize caloric output and fat burning, while also helping to sculpt and shape the body.

**Zumba Tone & Flex:** All your favorite low impact Zumba rhythms packed into 30 minutes of toning all the major muscle groups and flexibility training focusing on static and dynamic stretches to help increase joint/muscle mobility and decrease muscle tension. Perfect one stop power punch class for someone looking to hit all their fitness goals.

*\*Please note: Class times/formats/instructors are subject to change.*



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