

Revised  
Nov 3, 09

<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
<b>MON.</b>			
7:30-8:00am	* Sculpt Xpress	Julie F	Studio
8:20-9:15am	Body Sculpt	Mona	Studio
9:15-10:15am	Advanced BootCamp	Don H (limit 13)	<b>Xrcade</b>
10:15-11:15am	*Beginner BootCamp	Don H (limit 13)	<b>Xrcade</b>
9:15-10:15am	Kickbox	Dawn	Studio
10:15-11:15am	*Pilates	Sue	Studio
9:30-10:30am	*Yoga	Kimberly	Com Room
10:30-11:30am	Fit Senior	Kimberly	Com Room
4:10-5:00pm	Step	Shayna K	Studio
5:00-6:00pm	Sculpt	Alt Instructors	Studio
6:00-6:45pm	Zumba®or Latin Cardio	Alt. Instructors	Studio
7:00-8:00pm	Kickbox	Rebecca	Studio
<b>TUES.</b>			
6:00-7:00am	Bootcamp	Don H (limit 13)	<b>Xrcade</b>
7:15-8:15am	Hatha Yoga	Kahlil	Studio
8:30-9:30am	Body Chisel	Jen B/Lisa H alt	Studio
9:15-10:15am	Advanced BootCamp	Don H (limit 13)	<b>Xrcade</b>
10:15-11:15am	*Beginner BootCamp	Don H (limit 13)	<b>Xrcade</b>
9:30-10:30am	Step Challenge/Cardio Hour	Vickie	Studio
10:30-11:30pm	Total Body Conditioning	Tammie	Studio
11:30-12:15pm	Advanced Seniors	Tammie	Studio
4:00-4:45pm	Fit Kids (FEE)	Mike/Jen K	Studio
4:50-5:30pm	Hatha Yoga	Kimberly	Studio
5:30-6:00pm	Pilates/Awesome Abs	Kimberly	Studio
5:30-6:15 pm	Tough Tweens **Fee	Staff	Com Room
6:00-6:30pm	Zumba®	Kimberly Based for Beginners	Studio
6:30-7:15pm	Zumba®	Kimberly	Studio
7:20-8:15pm	Hatha Yoga	Kimberly	Com Room
7:15-8:15pm	Body Sculpt	Mona C	Studio
<b>WED.</b>			
6:00-6:45am	Bootcamp	Mercedez	Studio
7:30-8:00am	*Gentle Sculpt	Lisa S.	Studio
8:00-9:00am	*Pilates	Jennifer S.	Studio
9:00-9:40am	Hippy Shake/Awesome Abs	Vickie	Studio
9:15-10:15am	Advanced BootCamp	Don H (limit 13)	<b>Xrcade</b>
10:15-11:15am	*Beginner BootCamp	Don H (limit 13)	<b>Xrcade</b>
9:40-10:50m	Cardio Mix-Sculpt	Jen B	Studio
9:40-10:30 am	Yoga/Pilates	Lisa H	Com Room
10:50-11:30am	Zumba®	Shana	Studio
10:30-1130am	Fit Senior	Lisa H	Com Room
4:10-5:00pm	Kickbox	Margaret	Studio
5:00-5:45pm	Six Pack Abs	Merrill	Studio
5:45--6:30pm	Sculpt Express	Merrill	Studio
6:30-7:30pm	Kickbox	Rebecca	Studio
<b>THURS.</b>			
6:00-7:00am	BootCamp	Don H (limit 13)	<b>Xrcade</b>
7:05-8:00am	Hatha Yoga	Kahlil	Studio
8:00-8:45am	Cardio Mix	Vickie.	Studio
8:45-9:00am	*Hippy Shake	Vickie	Studio
9:00-10:00am	Sculpt	Mona	Studio
9:15-10:15am	Advanced BootCamp	Don H (limit 13)	<b>Xrcade</b>
10:15-11:15am	*Beginner BootCamp	Don H (limit 13)	<b>Xrcade</b>
10:00-11:00am	Pilates/HiDef	Tammie	Studio
11:00-12:00pm	Total Body Conditioning	Tammie	Studio
12:00-12:30	Hatha-Power Yoga Xpress	Tammie	Studio
4:00-4:45pm	Fit Kids*** (Fee for class)	/Amanda F	Studio
5:30-6:15pm	Tough Tweens (Fee for class)	Staff	Com Room
5:30-6:30 pm	Step/Cardio Hour	Andrea	Studio
7:00-7:45pm	Latin Cardio	Mona C	Studio
<b>FRI.</b>			
8:10-9:00am	*Pilates	Sue	Studio
9:00-10:00am	Cardio Interval	Sue	Studio
9:15-10:00am	Jump -n-abs	Don H	<b>Gym</b>
10:00-11:00am	Sculpt	Shayna	Studio
10:15-11:15am	*Beginner BootCamp	Don H (limit 13)	<b>Xrcade</b>
9:30-10:30am	*Hatha Yoga	Kahlil	Com Room
11:00-12:00pm	Fit Senior Yoga Stretch/Cardio	Andrea	Studio
4:30-5:30pm	Cardio Sculpt	Sarah	Studio
5:30-6:20pm	Zumba®	Alt Instructors ages 8 and up	Studio
<b>SAT.</b>			
9:00-10:00am	Hi Def	Margaret	Studio
10:00-11:00am	Cardio Kickboxing	Margaret/Rebecca	Studio
11:00-11:50am	Zumba®/Cardio Dance	Shana/alt Instruct	Studio
<b>SUN.</b>			
3:00-4:00pm	Cardio Hour	Vickie/Sarah	Studio

## Class Descriptions

Facility members, ages 12 and older (unless otherwise noted), may choose to attend any of our group exercise classes as a benefit of membership. Please wear proper footwear & athletic attire when attending any fitness class.

### Class Descriptions

*Note: Group exercise classes incorporating dance are geared for cardio workouts, and not dance training.*

Any class with a \* next to it, is a class that is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH®

For additional information about Fitlinxx or THE COACH APPROACH-An Exercise Support Process®, please contact Melissa, Elizabeth or any fitness staff!

Aerobic questions  
Ask for:

**Jennifer Bebko**  
Aerobic Coord.  
jbebko@bellsouth.net  
Ext: 366



**SIX PACK ABS:** Do you want a six pack? Intense abdominal/oblique work out!

**BODY SCULPT:** Tone and sculpt your muscles from head to toe by using the dumbbells, exercise tubing, and/or the Resist-a-ball.

**BOOTCAMP:** Kick it up a few notches with this high energy anything goes camp like format!

**CARDIO HOUR/MIX:** Cardio conditioning is a vital part of many athletic training routines. Use various equipment to condition the heart and burn max calories.

**CARDIO INTERVAL:** Something different in every class, join us in step, hi low and whatever goes! Lots of FUN!

**BODY CHISEL :** Use dumbbells, med balls, your whole body and lots of hard work for this intense sculpting class. It has a cardio component so be ready! Can be modified to an intermediate workout.

**CYCLE:** Climb onto stationary bikes for an intense, challenging workout. Motivational instructors make this class more fun and you adjust the resistance on the bike to fit the desired level. Bring your water bottle and get ready to sweat. Please arrive 30 minutes early to pick up a number at the front desk.

**CYCLE EXTREME:** One hour of hard-core cycling! **Only for the die-hard cyclist.** Come and enjoy the fun with hills, sprints, flat roads and other cycling fun. Please arrive 30 minutes early to pick up a number at the front desk.

**FIT SENIOR:** Various Exercise designed for seniors utilizing bands, dumbbells and small balls, some cardio involved.

**GENTLE SCULPT:** Various sculpt exercises designed for seniors, using tubing, dumbbells and balls.

**GENTLE YOGA:** Slower version of traditional Hatha Yoga moves

**HI DEF:** If you are serious about weight training & determined to have fun, this is the class for you. Using specialized equipment, moves & Power Pump music, our instructors will lead you right into fitness bliss. Once you attend, you won't want to stop.

**HIPPY SHAKE:** All about the ABS! Try this belly dance style with some floor moves and shake it!!

**JUMP-N-ABS:** Use Jump ropes and other cardio moves mixed with equal parts of abdominal conditioning! Meets in the GYM

**KICKBOX/CARDIO KICKBOX:** Basic, safe, and realistic kickboxing moves. Though the workout is intense, it is simple to follow and is easily modified to any fitness level.

**PILATES:** Exercise which emphasized the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.

**Cardio-n-Sculpt:** Short periods of high intensity sculpt are followed by recovery periods in a fast paced step format.

**STEP:** An aerobic workout incorporating basic step patterns into simple combinations. May include upper body conditioning and abs work.

**Step Challenge:** Not your everyday run off the mill step class- Go for the step burn in this challenging and rewarding cardio experience!.

**TOTAL BODY CONDITIONING:** High intensity strength and cardio total body, anything goes format!

**TOUGH TWEENS:** Small fee, Ages 10-13 Instructor led class using hand weights, bands, med balls and stability balls to improve your tweens endurance, strength and confidence!

**HATHA YOGA:** A form of exercise that works both the physical and mental aspects of the body, incorporates isometric exercise with flexibility & mat work in a rejuvenating & relaxing low impact class.

**ZUMBA®:** A fun easy to follow aerobic dance class! Learn all different styles and have FUN!

**ZUMBA®:**  
**Tuesday 6-6:30pm**  
**Basics/Family ages 8 and up:**  
We slow down the class so you learn the choreography! We have age appropriate music and moves so your 8 year old and up along with beginners can learn to enjoy this aerobic dance style class! Great to try if you