



** Begins January 16, 2012**

Fitness for EveryBody



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RED ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM						
8:45 AM						
9:30 AM						
10:00AM						
4:45 PM	** **		** **			
5:45 PM						
6:45 PM				** **		

BLUE ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM						
8:00 AM						
8:30 AM	** **		** **			
9:00 AM						
9:30 AM	SilverSneakers® Cardio Circuit		SilverSneakers® Cardio Circuit			
10:30 AM	SilverSneakers® MSROM		SilverSneakers® MSROM		SilverSneakers® YogaStretch	
4:45 PM						
5:30 PM						
5:45 PM						

Group Class Descriptions

Group Centergy- Redefine your self with Group Centergy®. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy!

Group Power-Group Power® is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. Group Power is for all ages and fitness levels. With simple athletic movements such as squats, lunges, presses and curls, you will see results fast. Discover results, discover Group Power®!

Group Ride-Everyone finishes first in Group Ride®! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!

Group Active- Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility, all in a supportive group environment, with motivating music and caring instructors. Get more out of life, *Get Active!*

Group Step- Discover new heights with Group Step! Utilizing the STEP in many positions and heights, this compelling 30 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step!

SilverSneakers® Cardio Circuit-Combine fun with exercise to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers® Muscle, Strength & Range of Motion (MSROM)-Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Hand-held weights, elastic tubing with handles and balls are offered for resistance along with chairs for seated and/or standing support.

Silver Sneakers® YogaStretch-YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Zumba- Combines high energy and motivating music with unique moves that allow the Zumba participants to dance away their worries. Zumba is a “feel-happy” workout that is FUN AND EASY TO DO! Join our Zumba Party!

Dance Trance- Dance Trance is a hard-core fitness workout while dancing and having a Good Time. No dance background is required. Choreography is created in a manner that allows students to pick up combinations as they learn. Dance Trance is a Fitness class first, we are here to get a workout!

www.fitness-everybody.com

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