



SUMMER WELLNESS MENU

(Starts July 5, 2010)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.			Rise N Shine Ride		Rise N Shine Ride		
6:30 a.m.	Drums Alive	Step Revival	Am Yoga	Double or Nothing	Upper Body Management		
8:30a.m.		Express Cycle		Express Cycle		"NEW" Last Chance Workout!	
9:15 a.m.	Step Revival	Pilates	Cardio Intervals	Vinyasa Flow	Hardcore		*10:30am* Hatha Yoga
5:30 p.m.	Core + More	Outdoor Bootcamp	Pilates Core Challenge				

Classes subject to change based on participation.

CLASS DESCRIPTIONS

Pilates – This class is designed for those who wish to move well using classical, and not so classical, Pilates movements. Incorporating the functional movements of the spine, in both motion and stability, you will leave feeling strengthened, lengthened and connected to your body.

Hardcore – This intelligent workout enhances core strength and muscle definition. This all-new strength class will help you achieve your goals utilizing weights, tubing, steps and more. You will be guided through an intense muscle conditioning class with an emphasis on core strength. Get Hardcore!

Step Revival – Believe Again! Treat yourself to a step class rich in energy and loads of fun. A proven winner, this low impact cardio class will consist of step aerobics and muscle endurance. Re-ignite your ‘old flame’! Suitable for all levels.

Vinyasa Flow: A practice similar to power yoga consisting of flowing postures, core strengthening, and a focus on movement and breath. A great workout for those yogis looking for a faster paced class. Suitable for all levels.

Hatha Yoga – A flexibility, balance, and strength building practice consisting of traditional Hatha Yoga poses including standing, seated, and lying postures with some restorative yoga, relaxation and meditation. Suitable for all levels

Pilates Core Challenge - A new way to approach Pilates! This is a full body Pilates workout, using foam rollers, resistance bands, Pilate’s mini balls and Swiss balls. The props allow for a better understanding of the exercises and a deeper use of the core muscles. Develop a new repertoire and add fun to your Pilates classic moves.

Drums Alive – A dance and rhythm celebration! Enter a new dimension of fitness. Feel and experience the pulsating rhythms, dynamic movements, and powerful percussions of this unique class. Traditional aerobic movements are combined with the powerful beat and rhythms of the drums. It is a workout for the entire body, mind and spirit. Suitable for all levels.

Rise n Shine Ride – Here comes the sun! Start off right with the perfect morning ride. Feel the energy of the room and let the music guide you to your personal best. Who needs coffee!!!

Am Yoga – This morning yoga class is designed to offer the perfect start to the day. Traditional yoga postures and breathing exercises with help lengthen, restore and relax your muscles. Breathe - Stretch - Leave. Suitable for all levels.

Express Cycle - Quick and Dirty...Sit and Spin for 30 minutes! Give it all you’ve got for an intense cardio workout or use it as the perfect warm-up to one of our studio classes or weight workout.

Double or Nothing – A step and strength class for all fitness levels. Easy to follow step choreography combined with muscle strength and endurance. You will sweat and you will get results guaranteed!

Cardio Intervals – a cardio workout involving everything but the kitchen sink! Kickboxing, step, low-impact, etc. – you name it – it’s in there.

“NEW” Last Chance Workout – A celebration of 20 years of fitness. All your favorite music, choreography and exercises packed into every class. Nothing will surprise you, except how much fun you will have. Suitable for all levels and personality types.