

September 2010 Group Fitness Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NEW This Month:</p> <p>⇒ Turbo Kick @ 9:30 and Power Hour @ 10:30 on Saturday, September 4th & Saturday, September 25h!</p> <p>⇒ Power Hour @ 6pm on Wednesdays!</p> <p>⇒ Ab Blast @ Noon on Fridays!</p>			<p>1</p> <p>9-9:30am Stretch (A) 1-1:30pm Cardio H2O (P) 4:30-5pm Stretch (SP) 5-5:45pm Turbo Kick (A) 5:30-6pm Fit Swim (P) 6-7pm Power Hour (A)</p>	<p>2</p> <p>6:15-7am Turbo Kick (A) 9-9:45am Strength & Con (A) 10-10:30am EX 101 (A) 3:15-4pm Strength and Con (A)</p>	<p>3</p> <p>9-9:30am Stretch (A) 12-12:30pm Ab Blast (A) 1-1:30pm Cardio H2O (P) 5-5:30pm Yoga (A)</p>	<p>4</p> <p>9:30-10:15 Turbo Kick (A) 10:30-11:30 Power Hour (A)</p>
<p>5</p>	<p>6</p> <p>CORE Fitness Closed for Labor Day</p>	<p>7</p> <p>9-9:45am Strength & Cond. (A) 10-10:30am EX 101 (A) 11-11:30am Chair Yoga (A) 3:15-4pm Strength & Cond. (A)</p>	<p>8</p> <p>9-9:30am Stretch (A) 1-1:30pm Cardio H2O (P) 4:30-5pm Stretch (SP) 5-5:45pm Turbo Kick (A) 5:30-6pm Fit Swim (P) 6-7pm Power Hour (A)</p>	<p>9</p> <p>6:15-7am Turbo Kick (A) 9-9:45am Strength & Con (A) 10-10:30am EX 101 (A) 3:15-4pm Strength and Con (A)</p>	<p>10</p> <p>9-9:30am Stretch (A) 12-12:30pm Ab Blast (A) 1-1:30pm Cardio H2O (P) 4:30-5pm Stretch (SP) 5-6pm Power Hour (A)</p>	<p>11</p>
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<p>19</p>	<p>20</p> <p>9-9:30am Stretch (A) 1-1:30pm Cardio H2O (P) 4:30-5pm Stretch (SP) 5-5:45pm Turbo Kick (A) 5:30-6pm Fit Swim (P) 6-7pm Power Hour (A)</p>	<p>21</p> <p>9-9:45am Strength & Cond. (A) 10-10:30am EX 101 (A) 11-11:30am Chair Yoga (A) 3:15-4pm Strength & Cond. (A)</p>	<p>22</p> <p>9-9:30am Stretch (A) 1-1:30pm Cardio H2O (P) 4:30-5pm Stretch (SP) 5-5:45pm Turbo Kick (A) 5:30-6pm Fit Swim (P) 6-7pm Power Hour (A)</p>	<p>23</p> <p>6:15-7am Turbo Kick (A) 9-9:45am Strength & Con (A) 10-10:30am EX 101 (A) 3:15-4pm Strength and Con (A)</p>	<p>24</p> <p>9-9:30am Stretch (A) 12-12:30pm Ab Blast (A) 1-1:30pm Cardio H2O (P) 4:30-5pm Stretch (SP) 5-5:30 Yoga (A)</p>	<p>25</p> <p>9:30-10:15 Turbo Kick (A) 10:30-11:30 Power Hour (A)</p>
<p>26</p>	<p>27</p> <p>9-9:30am Stretch (A) 1-1:30pm Cardio H2O (P) 4:30-5pm Stretch (SP) 5-5:45pm Turbo Kick (A) 5:30-6pm Fit Swim (P) 6-7pm Power Hour (A)</p>	<p>28</p> <p>9-9:45am Strength & Cond. (A) 10-10:30am EX 101 (A) 11-11:30am Chair Yoga (A)</p>	<p>29</p> <p>9-9:30am Stretch (A) 1-1:30pm Cardio H2O (P) 4:30-5pm Stretch (SP) 5-5:45pm Turbo Kick (A) 5:30-6pm Fit Swim (P) 6-7pm Power Hour (A)</p>	<p>30</p> <p>6:15-7am Turbo Kick (A) 9-9:45am Strength & Con (A) 10-10:30am EX 101 (A) 3:15-4pm Strength and Con (A)</p>	<p>A = Aerobics Studio P = Pool SP = Spirit Place</p>	

September 2010 Class Descriptions

Ab Blast – Thirty minutes of exercises that focus on strengthening and toning the abdominals.

Cardio H2O - Join us in the pool using water resistance for a non-weight bearing cardio and strength workout.

Chair Yoga – Thirty minutes of chair-based yoga poses. Best for those who are new to yoga and/or have difficulty getting up and down from floor level with ease. Blocks are available for use or you may bring your own.

EX 101 - Haven't worked out in years? This is the class for you! EX101 offers a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, a ball, and a chair are used for seated and/or standing support.

Fit Swim - Join us in the pool for a water workout consisting of lap swimming and interval training.

Power Hour - **This is a** 60-minute barbell class that will tone and strengthen all the major muscles. If it is your first time taking Power Hour, please arrive 10 minutes prior to class.

**Best for those who can get up and down from floor level with ease.*

Strength & Conditioning - Join us for a workout focusing on total body strength for all abilities.

Stretch - Join us for this stretch class where you will learn proper techniques for increasing your flexibility and balance.

Turbo Kick - Kick and punch your way into shape! This high cardio class is a great way to burn calories and have fun working out!

Great music and moves will keep you motivated! **Best for those who can get up and down from floor level with ease.*

Yoga – Thirty minutes of various yoga poses and/or sun salutations. Blocks and mats are available for use or you may bring your own.

Great for beginners or those with some previous exposure to yoga. Please arrive 5 minutes early to set up your area.

**Best for those who can get up and down from floor level with ease.*

NOTICE: A minimum of 4 people in attendance is required for a class to be taught.

Please note that in some cases last minute cancelations may need to be made in which our staff will notify you as soon as possible.

Hours of Operation

Monday - Thursday 6am–8pm

Friday 6am–6pm

Saturday 9am-12pm

Sunday Closed

828-465-8557

core
fitness

ABERNETHY LAURELS