


February 2012 Group Fitness Schedule

Mon	Tue	Wed	Thu	Fri
<p><u>Instructors:</u> Vanessa Shaylyn Greg</p>	<p><u>Class Location:</u> A = Aerobics Studio P = Pool SP = Spirit Place</p>	<p>1 6am Core Blast & Yoga (A) 9am Stretch (A) 11:30pm Aqua Tone (P) 12pm Cardio H2O (P)</p>	<p>2 10am Strength & Cond (A) 4pm R.I.P.P.E.D (A) 5pm Yoga (A)</p>	<p>3 6am Power Hour (A) 10am Stretch (SP) 11:30am Cardio H2O (P)</p>
<p>6 9am Stretch (A) 11:30am Cardio H2O (P) 4pm Stretch (A) 5pm Core Blast (A) 5:30pm Power Hour (A)</p>	<p>7 10am Strength & Cond (A) 5pm R.I.P.P.E.D (A)</p>	<p>8 6am Circuit & Yoga (A) 9am Stretch (A) 11:30pm Aqua Tone (P) 12pm Cardio H2O (P) 4pm Stretch (A)</p>	<p>9 10am Strength & Cond (A) 4pm R.I.P.P.E.D (video)(A)</p>	<p>10 6am Power Hour (A) 10am Stretch (SP) 11:30am Cardio H2O (P)</p>
<p>13 9am Stretch (A) 11:30am Cardio H2O (P) 4pm Stretch (A) 5pm Core Blast (A) 5:30pm Power Hour (A)</p>	<p>14 10am Strength & Cond (A) 5pm R.I.P.P.E.D (A)</p>	<p>15 6am Core Blast & Yoga (A) 9am Stretch (A) 11:30pm Aqua Tone (P) 12pm Cardio H2O (P) 4pm Stretch (A)</p>	<p>16 10am Strength & Cond (A) 4pm R.I.P.P.E.D (A) 5pm Yoga (A)</p>	<p>17 6am Power Hour (A) 10am Stretch (SP) 11:30am Cardio H2O (P)</p>
<p>20 9am Stretch (A) 11:30am Cardio H2O (P) 4pm Stretch (A) 5pm Core Blast (A) 5:30pm Power Hour (A)</p>	<p>21 10am Strength & Cond (A) 5pm R.I.P.P.E.D (A)</p>	<p>22 6am Circuit & Yoga (A) 9am Stretch (A) 11:30pm Aqua Tone (P) 12pm Cardio H2O (P) 4pm Stretch (A)</p>	<p>23 10am Strength & Cond (A) 4pm R.I.P.P.E.D (A) 5pm Yoga (A)</p>	<p>24 6am Power Hour (A) 10am Stretch (SP) 11:30am Cardio H2O (P)</p>
<p>27 9am Stretch (A) 11:30am Cardio H2O (P) 4pm Stretch (A) 5pm Core Blast (A) 5:30pm Power Hour (A)</p>	<p>28 10am Strength & Cond (A) 5pm R.I.P.P.E.D (A)</p>	<p>29 6am Core Blast & Yoga (A) 9am Stretch (A) 11:30pm Aqua Tone (P) 12pm Cardio H2O (P) 4pm Stretch (A)</p>		


FEBRUARY 2012 CLASS DESCRIPTIONS

 **AQUA TONE** – Stretch and strengthening exercises designed to increase your flexibility and balance. (30 min.)

Cardio H2O - Join us in the pool using water resistance for a non-weight bearing cardio workout. (30 min.)

Circuit - A moderate-to-high intensity heart conditioning and calorie burning class that combines strength-training and cardio exercises. (30 min.)

Core Blast - Strengthen all the muscles from your shoulders to your hips in this thirty-minute class. (30 min.)


 **POWER HOUR** - Increase your muscle strength and endurance with this fun one-hour barbell program. Great for all fitness levels! (60 min.)



A high energy workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with strength endurance exercises. This class was created for all fitness levels and will produce the results you are looking for! (60 min.)

Strength & Conditioning – Increases total body strength using dumbbells and medicine balls. Great for all fitness levels! (45 min.)

 **STRETCH** Learn proper techniques for increasing flexibility and balance. (30 min.)

 **yoga** Class consists of various yoga poses and/or sun salutations. Mats are available for use or you may bring your own. Great for beginners or those with some previous exposure to yoga. (30 min.)

NOTICE: 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