



CARDIO/STRENGTH CLASSES

Balletone: Standing Flow – a barefoot fusion-style conditioning program specifically for the non-dancer blending techniques drawn from dance, Pilates, and fitness. Fun and invigorating, Standing Flow keeps you moving, mentally focused with a body blast leaving no muscle untouched!

Bender Ball Workout – Using a Bender Ball gives you a workout that is up to 400% more effective than ordinary crunches! Developed by master trainer Leslee Bender, these ab-sculpting moves and her effective method of selective stabilization crank up the intensity and target the muscles you want from all your sides – your upper abs, the sides and those hard to reach lower abs.

Body Step – This is an energizing workout that uses a height-adjustable step. . Class is organized into *cardio blocks* which feature fat-burning choreography segments (simple movements on, over and around the step), and *muscle-conditioning blocks* which shape and tone your body.

Body Combat – Get ready to be unleashed! This fiercely energetic class is inspired by martial arts and draws from the disciplines of Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Burn calories as you punch, kick, and kata while listening to driving music.

Body Pump – Format combines high repetition weight training and high energy into one exercise program. Participants use a combination of free weights and a barbell to strengthen major muscle groups.

Boot Camp – Get ready to sweat, as you reap the benefits of this ultimate calorie-burning hour of cardiovascular drills, plyometric exercises and more!

Cardio Interval – Class combining cardio interval training using the step and floor, strength training using weights and bands, and core work. Easy to follow and athletically based class for students of all skill levels!

Core Conditioning – Twenty-five minute class that strengthens and stabilizes the entire core: rectus abdominis, obliques, hip flexors, gluts, hamstrings, and lower back extensor muscles. Cutting-edge floor work and stability ball exercises are used to enhance abdominal definition and increase core strength.

Foam Roller Workout – A total body program using the foam roller for stretching and strengthening. First, reduce muscle tension with targeted, myofascial-release exercises (deep-muscle massages). Next, build flexibility and core strength with Pilates-style roller routines.

Hi/Lo Body Pump Combo – Get the benefits of Body Pump strength-training and cardio in one hour! Class consists of alternating five minute sections of Body Pump and cardio guaranteed to leave you stronger and sweatier!

Nia – Enjoy an approach to fitness that addresses the whole person: mind, body, emotions and spirit. Nia is an expressive blend of martial arts, dance, yoga and more. Through a variety of dance-like routines, Nia delivers a deceptively powerful cardiovascular workout that will enhance your coordination and leave you toned, strong and energized. Enjoy delicious musical grooves from around the world, and expect to be moved!

Piloxing – Come try the latest Hollywood craze! PILOXING uniquely blends power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a fat-torching, muscle sculpting, core-centric interval workout guaranteed to whip you into shape!

R.I.P.P.E.D – Experience this total body “plateau proof fitness formula” workout utilizing resistance and cardio training, masterfully combining, **R**esistance, **I**ntervals, **P**ower, **P**lyometrics, and **E**ndurance!

Strictly Strength – This multi-level class is for anyone who wants to develop muscular strength and endurance. We’ll tackle basic resistance training exercises using traditional, strategic weight training principles. This easy-to-follow workout challenges every major muscle group using a variety of equipment.

Strength/Core Conditioning – This multi-level class is for anyone who wants to develop muscular strength and endurance. We’ll tackle basic resistance training exercises using traditional, strategic weight training principles. This easy-to-follow workout challenges every major muscle group using a variety of equipment.

Total Body Conditioning– (TBC) A triple whammy! This class integrates segments of aerobic conditioning, strength training, and core development. Easy to follow and guaranteed to challenge every fitness level! “Hi-Lo” refers to athletic cardio combinations on the floor with no step!

Total Step– This is a challenging cardio workout consisting of choreographed segments on and off the classic Step, invented by fitness expert, Gin Miller. Work hard, burn fat while having fun exercising to motivating dance music!

Tred & Shed – Can’t get motivated to turn on the treadmill? This class will give you all the push you need! Personal trainers will coach you through this workout as you walk quickly, up an incline; walk backwards – anything goes in this easy-to-follow class. Just bring your energy, and join us on the fitness floor for this un-intimidating workout that will have you shedding extra pounds while having fun.

Triple Threat – Burn, sweat, tighten and melt your body with three work-outs in one session: strength training, core conditioning, and cardio drills! Get ready to work every muscle from head to toe, and burn hundreds of calories, in a motivated group setting!



Cardio/Strength Classes

Jan. 2-March 4, 2012

All classes are MULTI-LEVEL and held in the Main Studio unless otherwise noted. "*Italics*" denotes new class, time, or instructor.

MONDAY	6:00-7:00a 8:30-9:30a 11:00-12:00p 4:30-5:30p 5:35-6:25p 6:30-7:30p	Boot Camp Total Body Conditioning Nia Body Pump Body Combat Body Pump	Aaron Lisa H. Margaret Michelle Erin Erin
TUESDAY	5:30-6:30a 8:00-8:25a 8:30-9:25a 10:05-11:05a 10:20-11:20a 12:35-1:35p 5:00-6:00p 5:30-6:30p <u>6:30-7:30p</u>	<i>Body Pump</i> Core Conditioning <i>Hi/Lo Body Pump Combo</i> Balletone: Standing Flow *meets in Mind/Body studio Body Pump Nia Tred 'n Shed *meets at Fitness Desk <i>Cardio Step</i> Piloxing	<i>Loralee</i> Lora Amy C. Lesley Maria F. Pat Michele <i>Jodi R.</i> Gemma
WEDNESDAY	6:00a-7:00a 8:30-9:25a 9:30-10:25a 10:30-11:25a <u>4:30-5:25p</u> <u>6:15-7:15p</u>	Boot Camp R.I.P.P.E.D. Simply Strength Nia <i>Bender Ball Workout</i> Body Pump	Aaron Lora Lora Margaret <i>Susan</i> Kaye
THURSDAY	5:30-6:20a 8:00-8:25a 8:30-9:30a 10:30-11:25a 10:30-11:30a 5:30-6:30p	Strength & Core Conditioning Core Conditioning Hi/Lo Body Pump Combo Foam Roller Workout *Mind/Body Studio Body Pump Body Step	Sue Amy Amy Liz Gemma Erin
FRIDAY	8:00-8:25a 8:30-9:25a 9:30-10:25a 5:00-6:00p	Core Conditioning <i>Triple Threat</i> Piloxing Tred 'n Shed *meets at Fitness Desk	Lora <i>Liz</i> Gemma Michele
SATURDAY	8:00-8:55a 9:00-10:00a 10:05-11:05a 11:10-12:00p	Cardio Step Body Pump R.I.P.P.E.D. Barre Express	Tev Gemma Gemma Gemma
SUNDAY	9:10-10:10a 10:15-11:15a	Body Pump Body Combat	<i>Erin/Kaye</i> Gemma

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