

Group Fitness Class Schedule September 2010

Monday 9am • 10:15am

Kickin' It with Jen

Jab, hook and kick your way to improved cardiovascular fitness and great muscle definition. This explosive class is a fun way to burn up to eight hundred calories in interval training format, leaving you feeling energized and strong and will help your confidence soar. Includes Amp'd Abs, cardio interval kickboxing followed by contact bag work. Most suitable to participants of medium to high fitness levels, but **newcomers are always welcome** – just let your kickboxing class instructor know.

Tuesday & Thursday 6pm • 7pm

Sport Fitness with Whitney

This class is fun & functional! Each week we'll tackle workouts focusing on cardio respiratory fitness, functional training, agility, balance, & teamwork in a variety of team sports. So get ready to kick it like a soccer player & shoot jump shots like a baller!

Wednesday 9am • 10:15am

ZUMBA!! With Jen

You'll be having so much fun that you won't even know you're exercising! Come in & get a great workout based on hot, Latin-infused ZUMBA!!

Friday 9am • 10:15am

Cardio & strength super sets

with Charlotte

Cardio & super-set strength training combination class with abdominal exercises & flexibility stretches at the end of the class.