

Total Fitness Connection Three Springs Road Facility Group Exercise Schedule August 2010

Transform Your Body, **F**ind Your Potential, **C**hange Your Life

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5:30 am	H.I.C. ****	H.I.C. ****	H.I.C. ****	H.I.C. ****		
8:15am	Yoga Strength New Elaine	S.E.T. Stefanie	Power Yoga Fusion New Stefanie	S.E.T. Stefanie	Yoga Stretch Elaine	Step Interval New Danette
9:30am	H.I.C. ****		H.I.C. ****			
9:30 am	Upper Body Blast (30) New Sheri	Turbo Kick Allison	Lower Body Blast (30) New Stefanie	Cardio Hip Hop New Sheri/Stafanie	T.G.I.F. Sheri	Zumba Sheri
4:30pm	S.E.T. New Day & Time Chandler		S.E.T. New Day & Time Tracey			
5:30pm	H.E.A.T. Sheri	Zumba Sheri	Step It Up New Sheri/Danette	.		
6:00pm				Core & More Joy G.		

**** H.I.C. (HIGH INTENSITY CONDITIONING) ****

A group functional class that will put your fitness level to the test. Through the use of many training tools, such as stair running, kettle bells, medicine balls, tubing pulls, and so on, this class is sure to push you harder than you have even been pushed. Try a class on the house to see if you have what it takes. Should you survive you can purchase the class in singles or packages of 10. We dare you to step up to the plate.

Classes, times, or instructors are subject to change and/or cancellation. See back of schedule for full list of class descriptions.

GROUP FITNESS CLASS DESCRIPTIONS

ZUMBA: Zumba is a Latin-Inspired, dance-fitness class that incorporates Latin and International music & dance movements. Expect to have fun and burn major calories. Ditch the workout...Join the Party! **All levels welcome.**

S.E.T. (STRENGTH ENDURANCE TRAINING): A specially designed barbell/dumbbell system that incorporates weight training into an athletic workout set to powerful, motivating music. This workout appeals to men & women, from beginners to conditioned athletes. Each class works every major muscle group in the body; it strengthens, conditions, shapes, tones, and defines muscles. **All levels welcome.**

CORE & MORE: This class will offer you core strength, flexibility, and much more. Joy will guide you in the use of many different disciplines as well as equipment to strength your core and more. **All levels welcome.**

UPPER BODY BLAST/LOWER BODY BLAST: NEW!!! A short but very effective muscle sculpting class with the focus either from the waist up or waist down. Sculpt, tone, and build muscle endurance with high repetitions and weights. **All levels welcome.**

TURBO KICK: The newest form of kickboxing is a super fun, high-energy, cardio program designed to strengthen and tone the entire body, with intense focus on the abs. The sweat will fly, the pace will quicken, and the calories will burn. **Kick Box experience is highly recommended;** however, modifications are shown.

STEP IT UP: This is a non stop action pack step class. **Step experience is recommended,** however, modifications are shown.

STEP INTERVAL: NEW!!! If you love step then give step interval a try! Same fun workout with intervals of cardio "bursts". **All levels welcome.**

TGIF: Thank goodness it's Friday! Sheri will take you through a different workout each week to start your weekend off right. Expect to sweat and burn major calories! **Exercise experience is recommend, however modifications are shown..**

H.E.AT (HIGH ENERGY AEROBIC TRAINING): Join Sheri for a great cardio sweat filled workout. Every week the workouts will vary using various group exercise disciplines. Don't forget to bring a towel! **Exercise experience is recommended, however modifications are shown.**

CARDIO HIP HOP: NEW!!! Melt away the pounds while dancing to great music and learning fun hip hop routines. This class is so much fun the time will fly. **All levels welcome.**

YOGA STRETCH: This class includes traditional yoga postures with an emphasis on stretching and flexibility. **All levels welcome.**

YOGA STRENGTH: NEW!!! This class includes traditional yoga postures while using light weights and resistance bands. This class is a great compliment to Yoga Stretch. **All levels welcome.**

POWER YOGA FUSION: NEW!!! A class that combines different yoga practices and pilates techniques for a complete sculpting workout. This class will increase and improve your flexibility, muscle endurance, and core strength. **All levels welcome.**

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