

Total Fitness Connection - Russellville Road Facility

Group Exercise Schedule

August, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
5:45 am	*H.I.I.T Greg	Sweatshop (45) Linda	*H.I.I.T Greg	Sweatshop(45) Linda		
9:00 am	Sweatshop Linda	S.E.T. Linda	Zumba® Linda	Pilates Amanda	Zumba® Toning Linda	S.E.T. Variety
10:00 am		Gentle Yoga Melissa S.			Yoga Melissa S.	
Evening Classes						
4:15 pm		Yoga Danielle		Yoga Danielle		
4:30 pm	Zumba® Linda					
5:00 pm			Zumba® Toning (30) Linda			
5:30 pm	6 Pack (15) Maria	6 Pack (15) Melissa B.	Zumba® Linda	6 Pack (15) Peggy		
5:45 pm	Sweatshop (45) Maria	S.E.T. (45) Melissa B.		Cardio Chisel (45) Peggy		

*All classes, times & instructors subject to change and/or cancellation. See Sub Board in the Aerobics Studio for changes or check at the front desk.

Transform your body-~~Find~~ your potential-Change your life

Class Descriptions

Cardio Chisel – This is where great bodies are “chiseled”. Peggy will help you carve out those muscles with all kinds of fun equipment and dynamic moves. There are also cardio intervals involved so you’ll get the full package. (All levels)

***H.I.I.T (High Intensity Interval Training)** – Personal Training/Group Functional TRIAL – High intensity, mid-high levels *will become a pay class in September*

Pilates Express – Traditional pilates movements to enhance overall body strength, increase flexibility and improve alignment and balance in a 45 minute class. (All levels)

Six Pack – This is fifteen minutes of nothing but abdominal and core work. It’s the perfect complement to your gym workout, so guys, get in this class!!! Let the group exercise instructors challenge you to a top notch mid-section workout. (All levels)

Sweatshop- A combination of cardio & strength training using various modes to achieve the optimal muscular workout. It’s different every time! All levels.

S.E.T. (Strength Endurance Training) – A system using barbells and dumbbells to increase your muscular strength, which will assist you in your everyday activities. The workout is tough, the music is good, the results are great! All levels.

Yoga/Gentle Yoga – A system of physical postures, breathing techniques, and meditation to promote bodily or mental control and well-being. Yoga is not just a set of exercises but an entire philosophy of being with the goal of achieving peace of mind and of body. (All levels)

Zumba® – Ditch the workout, join the party! Zumba is fun, different & effective. Good music, great fun, great workout!! (All levels)

Zumba® Toning – This class blends body sculpting techniques and specific Zumba moves into one calorie burning, interval training class. Instructors use weighted maraca like sticks or light weights to enhance rhythm, tone muscles and increase cardiovascular health. (All levels)