

SEPTEMBER 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
530-6						
6-630						
630-7						
7-730						
730-8						
8-830					Healthy Food, Healthy Mind 9-10!	
830-9						
9-930	Pilates W/Aggie Sabo	Cardio to the Core w/Mo	Blitz w/Cait	Bootcamp w/Marjan	Drop-In Training	Strenght Yoga W/ Shauna Oseen
930-10			Warm Power Yoga W/Jenni Chinski		Gentle Yoga W/ Megan Bamford	9:00-10:30
10-1030		Private Seniors Class w/Mo	9:45-11			
1030-11						
11-1130	Private Seniors Class @ Griffith's					
1130-12						
12-1230						
1230-1						
1-130			Private Seniors Pole Walking W/Mo			
130-2						
2-230						
230-3						
3-330						
330-4						
4-430						
430-5						
5-530		Strength Yoga With				
530-6		Shauna Oseen				
6-630	Core Class W/Leanne		Drop-In Training	TRX Class		
630-7						
7-730		Strength Yoga With	Gentle Yoga W/ Megan 6:30-7:30			
730-8	Zumba Gold W/Heather Andrews	Shauna Oseen				
8-830						
830-9						

Beginning
Sept 27th

BEGINNING
SEPT 28th:
NEW CLASS!

Beginning
Oct 1st

Free Drop-In Classes (included with membership) Specialty Classes (Pre-registered participants only)

Monday to Thursday: 6:00am-9:00pm; Friday: 6:00am-7:00pm Saturday & Sunday: 9:00am-2:00pm

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SEPTEMBER 2011

Specialty Classes (Pre-registered participants only)

Monday to Thursday: 6:00am-9:00pm; Friday: 6:00 am-7:00 pm; Saturday & Sunday: 9:00am-2:00pm

These classes are included free with your membership! Check them out...

The Blitz: Bump yourself off of your workout plateau with these classes! A large variety of intense exercise for your upper and lower body using balls, free weights, BOSU's, and resistance bands. Taught by Caitlin Collins

Cardio to the Core: Taught by Maureen. This class involves 1/2 hour cardio with 1/2 hour core workout. Not for the faint of heart, with emphasis on heavy perspiring!

Body Bootcamp: If you are looking to get in top shape, drop those pounds, build more muscle, and have fun doing it this class is for you. This class leads you through high intensity strength and cardio exercises designed to challenge your strength and endurance, while burning lots of calories. Taught by Marjan.

Power to the Core: Taught by Leanne Garrett. Be prepared to challenge all the muscles of the trunk and torso. Maureen will help increase your core fitness which is essential to both daily living and regular activities.

TRX: Get ready for a full hour of high intensity intervals of TRX. A fun but hard and enjoyable way of working out! Targeting muscles you didn't even know you had!