

September - December 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 - 7:00	Cardio Kickboxing (6:15 - 7:15)	Kickboxing (6:15 - 7:15)	Amanda's Boot Camp		
7:00 - 7:45			Spin	Core Strength Yoga	
11:00 - 11:42		Butts & Guts*			
11:30 - 12:12	Power Yoga	Drop-In Spin (11:45-12:27)	Mixology	Yoga	Outdoor Drop-In Spin
12:15 - 1:00	Full Body Blast	Yoga Boot Camp (12:30 - 1:15)	Rae's Boot Camp	Body Sculpt	Running Boot Camp (12:00 - 12:45)
4:30 - 5:12	Buttkick Boot Camp				
5:15 - 6:00		Yoga Jam	Stretch'n (5:15 - 5:45)		

CLASS DESCRIPTIONS

Body Sculpt FREE / Weekly

Kim
An aerobic class with a weight focus to tone muscles and get you the sculpted physique you're looking for.

Butts & Guts FREE / Weekly

Raedene
Works you hard to strengthen your core and get those target areas looking & feeling the way you want.

Buttkick Boot Camp / Boot Camp \$74-\$84 / 8 sessions

Vanessa / Raedene / Amanda
Circuit style classes that will shape you up and challenge you with a variety of exercises.

Cardio Kickboxing \$149 / 12 Sessions

John
A ring champion brings expertise to this non-contact class. Gloves and tape required.

Drop-In Spin / Spin / Outdoor \$8 / Drop-In

Raedene / Amanda / Lisa
Sweat it out to good tunes in this aerobic, calorie burning cycling class. Weather permitting for Outdoor.

Full Body Blast FREE / Weekly

Eric Daniel
Step and interval training for a full body muscle and aerobic workout.

Kickin' Kombat \$69 / 10 Sessions

Lisa Kettles (aka "Killer Kettles")
A class combining combat and intense cardio, leaving you feeling you could kick some serious butt! See "Killer Kettles" as you've never seen her before!

Kickboxing \$269 / 10 Sessions

John
A ring champion teaches offensive & defensive techniques, and then challenges you to apply them to competitive scenarios. Gloves, tape and shin pads required.

Mixology Free / Weekly

Jeanie
A high energy class that keeps you on your toes and burning those calories through a variety of exercises.

Power / Boot Camp / Jam / Core Strength Yoga \$99-\$109 / 10-12 Sessions

Allison / Melissa / Coleen / Melissa
Looking for something different? Want a challenge? Try Yoga with a twist to take your practice to a whole new level.

Stretch'n \$59 / 10 Sessions

Margie
A class to teach you a simple stretching with flow for you to develop a quick & easy routine to do on your own.

Running Boot Camp \$64 / 8 Sessions

Amanda
Push your limits and improve your running with hills, intervals and plyometrics training.

Yoga \$134 / 12 Sessions

Shelly
Ashtanga style yoga that will strengthen you both internally and externally.

Fall Class Schedule

Classes in **Green** are FREE to members.

Classes in **Purple** are registered programs.

Classes start the weeks of Sept. 13 - 17 & Sept. 20 - 24. Please contact the front desk for details on start and end dates. Minimum 10 people required for registered class to run. Check out the [Class Descriptions](#) page for more information on classes. **Prices listed are EARLY BIRD member rates.** Contact us to register for classes, for non-member prices and for further details on any of our services.

Yoga mat rental available for \$2.

*Sign up at front desk required for classes indicated.

Early Bird
until Sept. 3rd!