

Spa athletic club *Group Fitness Schedule*



January '10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>5:45am to 6:45am BOOT CAMP KICKBOX Meredith</p> <hr/> <p>9am to 10am Xtreme Pump Karen</p> <hr/> <p>10:05am to 11:05am Strip n' the Core Tricia</p> <hr/> <p>12:30 to 1:30 Pump/Pilates/Stretch Marsha</p> <hr/> <p> ZUMBA FITNESS</p> <p>6pm to 7pm Meredith</p> <hr/> <p>7:05 to 7:35 Hip Hop Hustle Meredith</p>	<p>5:45am to 6:45am Xtreme Pump Karen</p> <hr/> <p>9am to 9:50am Facets of Fitness Marsha</p> <hr/> <p>10:00am to 11:00am Fitness YOGA Pat</p> <hr/> <p>6pm to 7pm Total Body Sculpting Meredith</p>	<p>5:45am to 6:45am Total Body Sculpting Meredith</p> <hr/> <p>9am to 9:50am Aerobics, Arms, and Abs Debi</p> <hr/> <p>1/6 & 1/20 10:05am to 11:05am Pump Negative Tricia</p> <hr/> <p>1/13 & 1/27 10:05am to 11:05am Kick-N-The Core Tricia</p> <hr/> <p>6pm-7pm  ZUMBA FITNESS Meredith</p> <hr/> <p>7:05pm to 7:35pm Core Sculpting Meredith</p>	<p>9am to 9:50am Facets of Fitness Marsha</p> <hr/> <p>10:00am to 11:00am Fitness YOGA Pat</p> <hr/> <p>5:30p to 6:30p Fitness YOGA Pat</p>	<p>1/1, 1/15, & 1/29 5:45am to 6:45am Strip n' the Core Tricia</p> <hr/> <p>1/8 & 1/22 5:45am to 6:45am Kick n' the Core Tricia</p> <hr/> <p>8:45am to 9:25a Pilates & a Ball Marsha</p> <hr/> <p>9:30am to 10:10am Cardio Burn Debi</p> <hr/> <p>10:15am-11:15am Xtreme Pump Jennifer</p>	<p>8am to 9:15am Tour De Spa <i>(Will Resume In Fall)</i></p> <hr/> <p>9:30am to 10:30am Pump it UP!! Pam</p> <hr/> <p>10:35am to 11:50am  ZUMBA FITNESS + Abs Meredith</p>
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For Information
Call
328-5949
www.spaathletic.com
Meredith Setzer, Coordinator

ATLANTIC MIXED MARTIAL ARTS

Average Joe's Mixed Martial Arts:
Mon & Wed 8:00 to 8:55pm

Security & Enforcement Tactics:
Saturday's from 1:00 to 3:00pm

Class Descriptions

Total Body - Sculpting	An Interval style cardio class using a variety of techniques. (step, hi/lo, and kickboxing) and equipment (bars, dumbbells, bands, and stability balls) to strengthen and sculpt every muscle in the body. Great for all fitness levels!
Xtreme Pump -	This 60-minute program challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for—and fast.
Facets of Fitness -	Segments of “Heart Healthy” cardio coupled with muscle strengthening and toning. Focuses on balance, flexibility, and coordination. This is a lighter paced workout that is perfect for beginners to intermediate fitness levels.
Pump/Pilates/Stretch -	Three workouts in one! 45 minutes of toning, using weighted bars and hand weights. Followed by 30 minutes of Pilates and stretching concentrating on core strength and flexibility. This class strengthens the lower back and abs, creating the ‘lean body’ look. Perfect for all fitness levels
Pilates & A Ball -	Beginner’s level Pilates class focusing on core strength, flexibility, & lower back strengthening. A Great way for anyone to start Pilates!
Pump It Up -	This class does it all using the resist-a-ball, hand weights, resistance training, body bars, and a step to improve total body muscle strength and endurance. Designed for intermediate to advanced fitness levels, but can be modified for beginners.
Kick-N- The Core -	Not only are you Strip-N-the Core but you’re also Kick-n-the heart and lungs. 15 Core postures intervalled with 15 dynamic kin-n-box cardio moves. Working in intervals of low and high intensities, waking up parts of your body, mind, and soul to achieve new levels of fitness!
Fitness Yoga	A slightly faster-paced yoga that fluently moves through traditional poses while improving strength, flexibility, and balance. Perfect for all fitness levels.
Aerobics, Arms, & Abs!	High and Low impact aerobic workout followed by an awesome arm and abdominal workout! Great for everyone!!
Zumba!	High Energy & Motivating music with unique Latin dance style moves that tone & sculpt the body. Easy and fun to do!
Cardio Burn	40 minutes of high intensity cardiovascular conditioning! Great for advanced fitness levels but can be modified to intermediate and beginner levels as well!
Strip n’ the Core	A unique class designed to build strength & tone the entire body while incorporating the core muscles. Great for all fitness levels.
Hip Hop Hustle	If you are searching for a new way to lose weight and stay in shape, then this dance class might just be the answer. That’s right! Now you can burn up the dance floor and burn calories too.
Tour De Spa!	This is a cycle class for “out on the road (or trail)” cyclists. <u>Please bring your stationary bike trainer</u> (you may leave it at the Spa) Then bring your bike and spin to music with the group for an intense hour.
Core Sculpting	30 Minute workout incorporating pilates-style ab and glute exercises designed to strengthen and tone your core with no equipment needed., Perfect for all fitness levels!