




...The game is on

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FEBRUARY 2012 GROUP X SCHEDULE

<p>CLUB HOURS</p> <p>MONDAY - THURSDAY 5AM - 11PM FRIDAY 5AM - 8PM SATURDAY 9AM - 6PM SUNDAY NOON - 6PM</p>	<p>KID'S FITNESS & ROCK WALL HOURS</p> <p>MONDAY - FRIDAY 5PM - 8PM REQUIRES MEMBERSHIP 8 YEARS OLD - 13 YEARS OLD</p>	<p>PLAYROOM HOURS</p> <p>MONDAY - THURSDAY 8 AM - NOON, 4:00 PM - 9 PM FRIDAY 8 AM - 1PM, 4:00 PM - 8 PM SATURDAY 9 AM - NOON</p>	<p>SPECIALTY CLASSES</p> <p>February 4th Rockwall February 11th Preview Class February 18th YogaFit Power February 25th Power Punch</p>
<p>CLUB ENHANCEMENTS</p> <p>Boxing Stations New Free Weight Area Sprint Track The Premier 30 Minute Circuit</p>	<p>THE RIGHT FOOT REWARDS CARD</p> <p>10 Visits in 30 days gets you a special PRIZE</p>	<p>BASKETBALL & VOLLEYBALL</p> <p>Youth Boys & Girls Basketball 2nd - 12th Grade Youth Girls Volleyball U12 & U13 Adult Basketball Men's, Women's & Over 40s</p>	<p>GROUP X CLASS ROOMS</p> <p>The Yellow Pump Serious Spinners The Downstairs Dilemma The Red Stretch Tough Treads</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM Tread & Shred	5:15 AM Power Pump/Abs	5:15 AM Zumba®	5:15 AM Power Pump	5:15 AM BootKamp	9:00 AM Abs*	
8:30 AM Power Pump	8:30AM Tred 'n' Shred	8:30 AM Interval Step	8:30 AM Spinning	8:30 AM H.B & T/Abs	9:30 AM Multi Step	
9:30 AM Silver Sneakers®	9:30 AM Silver Sneakers®	9:30 AM Silver Sneakers®	9:30 AM Silver Sneakers®	9:30 AM Silver Sneakers®		
9:30 AM Stroller Fitness		9:30 AM Stroller Fitness				
10:30 AM Silver Sneakers®		10:30 AM Silver Sneakers®		10:30 AM Silver Sneakers®	10:30 AM Speciality	
12:15 PM Lose it at Lunch Challenge*		12:15 PM Lose it at Lunch Challenge*		12:15 PM Lose it at Lunch Challenge*		
2:00 PM Silver Sneakers®		2:00 PM Silver Sneakers®		2:00 PM Silver Sneakers®		2:00 PM Zumba®** Zumba-
5:30 PM Power Pump	5:30 PM Zumba®	5:30 PM Yoga Fit	5:30 PM Interval Step	5:30 PM Power Pump Circuit*	*30 Minute Class	
	5:30 PM Pilates					
6:00 pm Spin			6:00 PM Spin	6:00 PM Cardio Box*		
6:30 PM Zumba®	6:30 PM Body Tone* NEW	6:30 PM Cardio Box/Turbokick	6:30 PM Zumba®*			
7:00 PM Ball Sculpt	6:30 PM BootKamp.		6:30 PM Abs/Yoga Fit NEW			

<p>CARDIO-VASCULAR</p> <p>Step & Multi Step - One hour, multi uses more than one step but have no fear! Instructor will work at low, medium, and high levels of intensity to provide all skill levels an opportunity to get a great workout.</p> <p>H.E.A.T. & Boot Kamp - One hour. Bring your sissy fat cells and watch 'em melt! This is a total body workout: cardio, stamina, strength, and balance.</p> <p>Cardio Power - total body workout combining Kickboxing, Bootcamp and cross training to develop ultimate cardio fitness.</p>	<p>WEIGHT TRAINING</p> <p>Power Pump - One hour group weight lifting class. Great music, great exercises, and a total body workout for awesome results.</p> <p>SPECIALITY CLASSES</p> <p>January 7th Preview Class: Sample of our best classes. Get it all here!</p> <p>January 14th Thunder Drums: This fun and exciting class bring the drums alive and those calories rockin out of your body!</p> <p>January 21st Pure Cardio: Nuttin but Cardio! Shed the lbs!</p> <p>January 28th TBA</p> <p>Specialty classes 1/2 hours.</p>	<p>MUSCLE & BODY TONING</p> <p>Pilates/Yoga - This class is designed to increase your flexibility and core body strength through power toning combos and deep muscle stretching.</p> <p>YogaFit® - a style that combines fitness moves such as push-ups, sit-ups and squats with traditional yoga postures linked together in a flowing format.</p> <p>H, B, & T - Targeted to the hips, buns, and thighs area of the body.</p> <p>Abs - This class is designed to strengthen and develop the abdominal and core body area for greater overall fitness.</p> <p>Ball Sculpt - Combines balance, strength, and cardio for an entire body sculpt.</p> <p>BodyTone - Class uses resistance bands to tone and strengthen.</p>	<p>SENIOR ADULT CLASSES</p> <p> SilverSneakers® - You have fun while moving to music and doing a variety of exercises designed to increase muscular strength, range of motion and activity for daily living. Regular activities planned to socialize after class including monthly birthday celebrations, pot luck lunches, and even cook-off competitions.</p> <p><i>Come by and see how she can help you succeed!</i></p>	<p>EQUIPMENT CLASSES</p> <p>Spin - This is a cycling class. No special equipment needed just you and a desire to burn those fat cells. Class held upstairs by racquetball courts.</p> <p>Tread 'n' Shred - Group treadmill class done downstairs by the racquetball courts. It combines walking, jogging, running, and hill climbing into a fantastic cardio class. You can go at your own pace based on your ability.</p> <p>Stroller Fitness - Love your Baby. Love your Body. This specialty class is a blast for you and your baby. Bring your stroller for a great workout.</p>	<p>LUNCH CLASS</p> <p>Lose it at Lunch Challenge - 8 week bootcamp class. This class is designed to help you reach GOALS in 8 weeks! Instructor will help you set a goal and trainers will help you track your progress.</p> <p>HAVEN'T HAD ENOUGH... MORE CARDIO</p> <p>Cardio Power - A total body workout combining Kickboxing, Bootcamp and cross training techniques to develop ultimate cardio fitness.</p> <p>EACH OF THE CATEGORIES DO NOT LIMIT WHAT CAN BE DONE IN THE CLASS ASK FOR MORE DETAILS ABOUT OUR CLASSES.</p>	<p>WHAT'S HOT</p> <p>Zumba® - The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!</p> <p><i>Rent a private Zumba® Party for you, a friend or even your daughter.</i></p>
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