

Eureka HealthSPORT

August 2010

GroupX Studio Schedule

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30-6:20am	Cycling Tasha	CrossFit Andrea	Cycling Tasha	CrossFit Andrea	Strength Conditioning Christina		
8:30-9:20am	Short Circuits Rachel	Cycle Circuit Stacey	Strength Conditioning Susan	Cycle Circuit Stacey	Step Strength Roshan	Cycling Courtney	
9:30-10:20am	Cycling Sam	Step Rachel	Cycling Sam	Step Roshan	Cycling Sam	CrossFit Nicole	Step Party Rachel
10:30-11:20am	Osteo STRENGTH Mary				Cardio STRENGTH Mary	Kickboxing Courtney	
12-12:50pm		Cycle Circuit Sam	CrossFit Sam	Cycle Circuit Sam			
4:30-5:20pm	Strength Fusion Kali	Cycling Jared (starts 9/7)	Strength Conditioning Kali Susie (starts 9/15)	Cycling Jared (starts 9/9)			
5:30-6:20pm	Cycling Ken	Step Roshan	Cycling Ken	Step Rachel			
6:30-7:20pm	CrossFit Sam	Boot Camp Benny					

Class Descriptions

Boot Camp – Intense workout! Run, sprint, jump and weight train
CrossFit - Strength and conditioning class based on the CrossFit method.
Cycle Circuit – Fat burning cardio mixed with strength conditioning
Cycling - Fat burning cardio

OsteoSTRENGTH: Bone strengthening exercises to help prevent osteoporosis.
Step Strength - Step intervals with strength training
Step – Fat burning cardio on a platform – all levels welcome
Strength Conditioning - Total body strength endurance conditioning
Strength Fusion - Total body conditioning with a dance flair.