

Gymnasium August 2010

updated: 08/04/10

	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:55am		Strength Conditioning Nicolette		Strength Conditioning Christina			
8-8:55am	Bosu Strength Conditioning Stacey		Strength Conditioning Kali		Strength Conditioning Andrew		
8:30-9:25am		Tricky Step Christina		Tricky Step Christina		Step Rachel H	
9-9:55am	Dance Mix Ramon		Dance Mix Ramon		Dance Mix Ramon		
9:30-10:25am		Zumba Ros'e		Zumba Ros'e		All Level Karate Ryan \$	Step Diane
10-11:00am	Body Blast Roshan		Interval Step Roshan		Step Roshan		
10:30-11:15am				Lite Strength Andrew			
10:30-11:25am		Lite Strength Anya (weight room)				Zumba Ros'e	
10:30-12pm							Dance Mix Ramon
12-2pm	Basketball		Basketball		Basketball		
12-5pm						Birthday Parties	Birthday Parties
3:30-4:25pm				Hip Hop Breakdancing Rex \$			
3:45-4:25pm	CrossFit Andrea		CrossFit Andrea				
4:30-5:25pm	Strength Conditioning Andrew	Step Nicolette	Strength Conditioning Andrew	Step Nicolette	Zumba Ros'e		
5:30-6:25pm	Zumba Ros'e	Kickboxing/ Core Danielle	Step Diane	Kickboxing/ Core Danielle	Boot Camp Benny		
6:30-7:30pm	Boot Camp Benny		Boot Camp Benny				
6:30-8:25pm		Adult Karate \$		Adult Karate \$			

Class Descriptions

Boot Camp – Intense workout! Run, sprint, jump and weight train
Dance Mix – Aerobic dance with an international mix
HipHop/Breakdance- For ages 7-17
Lite Strength (Weight Room Class) – Gentle & guided weight lifting instruction. Strengthen & tone all major muscles
Interval Step – Total body cardio workout with weights alternating with step choreography

Kickboxing/Core – Cardio workout kicking & punching mixed with core strengthening
Step – Fat burning cardio on a platform – all levels welcome
Strength Conditioning / Body Blast - Total body strength endurance conditioning
StartUp Circuit – Learn how to use weight room machines. Includes a simple warm-up, cool down, ab workout and stretching.
Zumba - Latin Rhythms with easy to follow moves