



GROUP CLASS SCHEDULE

Effective July 1, 2010

DAY	TIME	CLASS	TRAINER
MONDAY	5:30pm	BOSU & Stability Ball Workout	Maura R.
	6:30pm	Classical Pilates Mat ~ Beginning / Intermediate	Sarah A.
TUESDAY	6:00pm	ZUMBA! ~ Cardio Dance	Melinda L.
	7:00pm	Classical Pilates Mat ~ Beginning / Intermediate	Richard H.
WEDNESDAY	8:30am	Pilates Spring Board	Vicky L.
	5:00pm	BOSU & Stability Ball Workout	Maura R.
	6:00pm	Classical Pilates Mat ~ Beginning / Intermediate	Maura R.
THURSDAY	6:00pm	ZUMBA! ~ Cardio Dance	Laura M.
	7:00pm	Classical Pilates Mat ~ Beginning / Intermediate	Richard H.
FRIDAY	8:00am	Pilates Spring Board	Maura R.
SATURDAY	9:00am	Classical Pilates Mat ~ Beginning / Intermediate	Richard H.
	10:30am	Pilates Spring Board	Christine I.
	11:30am	Classical Pilates Mat ~ Advanced	Richard H.

Regular Group Classes

REGULAR GROUP CLASS: Single Class \$15 / 5 Classes \$60 / 10 Classes \$110 / Senior/Student 10 Classes \$90

BOSU & STABILITY BALL WORKOUT: An energizing Pilates-based workout incorporating core training, agility, balance, stabilization and dynamic motion utilizing the BOSU. Includes 15-20 minutes of low-impact cardio. Shoes optional (no black soles allowed on wood floor).

CLASSICAL PILATES MAT: BEG/INT AND ADVANCED CLASSES: Classical Pilates Mat exercises and movements are performed on a mat, focused on core conditioning: the strengthening and stabilization of the abdominal, spine and pelvis. Clients will increase strength, flexibility, improve alignment, balance, coordination, and muscle tone. The Classical Pilates Mat classes may utilize small props to bring additional challenge to your workout.

ZUMBA: A fusion of Latin, International music and dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

Group Equipment Classes

PILATES SPRING BOARD: This class flows through a challenging, full-body spring-resistance workout encompassing mat, standing, and seated work. **Limited to 5 participants.** Please call (909) 593-1717 to reserve your space. **24-hr cancellation policy applies.** **COST: Single Class: \$25 / 5 Classes \$100**