



Group Fitness Schedule

November 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:40 am	PUMP		PUMP		<i>PUMP</i>		
8:15 – 9:15 am	Total Body		Power Muscle Step		KDANZE	Total Body	
9:15 – 10:15 am	PUMP	KDANZE NO Limits	NO Limits MatFusion	KDANZE	Power Muscle Step Yoga 9:30	PUMP	
10:30-11:15	KDANZE light		KDANZE light			1015 Cardio Box <u>1015 Yoga</u>	
12 – 1 pm	ZUMBA!		ZUMBA!		PUMP		
4:15 – 5:15 pm	PUMP	Total Body		Power Muscle Step			
5:30 – 6:30 pm	Power Muscle Step Yoga	Matfusion	Total Body	No Limits (in the gym)			
6 – 7 pm		ZUMBA!		ZUMBA!			
6:30 – 7:30 pm	Cardio Box		PUMP				
7:30-8:30	PUMP						

FORMATS:

Step/Strength Training : (choreography based)

- **POWER MUSCLE STEP:** Power up your heart rate with this interval step class combining fun step moves with challenging muscle sets using a variety of equipment.
- **TOTAL BODY CONDITIONING:** This high-powered workout adds dance aerobic moves off the step in addition to step, BOSU, and muscle interval sets.

Strength Training Classes:

- **PUMP:** One of our most popular formats, this class is an effective way to improve muscular strength, function, endurance, and shape. A simple, easy to follow, yet demanding class that works every major muscle group using high repetitions.
- **NO Limits:** An athletic-based cardio/strength interval class which will challenge you with non-stop speed, plyometric and agility drills. There are no limits to what you may do in this class!

Fitness Mind/Body Classes:

- **MAT FUSION:** We realize the benefits of both Pilates and Yoga and offer them in a combined class. Movements are mat-based and provide a balance between strength and flexibility. This incredible workout integrates mind and body for total performance featuring strength, conditioning, flexibility, and mental relaxation.
- **YOGA classes:** We offer Ashtanga style fitness yoga class. You will find Yoga will help develop strength in your core, upper and lower body, and will help you find the calm within yourself.

Dance-inspired classes:

- **KDANZE:** Rhythmic beat and style! Cardio aerobics to the beat with

emphasis on dance featuring Top 40, Jazz, Country, Hip Hop and more! Strength routines for arms, legs, and core included before the cool-down. KDANZE light has the same features only with less intensity.

- **ZUMBA:** Move your hips and increase your heart rate in this fun dance-inspired class with a salsa flair! You'll have so much fun you won't believe it's exercise!

Specialty classes:

- **CARDIO KICK:** Develop new skills while discovering strength and ATTITUDE! An intense cardio workout with controlled jabs, punches, kicks, blocks, and boxing drills led in easy to follow combinations.
- **WORKING OUT FOR 2:** A class specifically designed for the expectant woman, appropriate at any time during your pregnancy . Involves low-impact cardio, strength training, yoga, and pregnancy-specific exercises. The last part of class is led by a certified childbirth educator and involves relaxation exercises appropriate for pregnancy and child-birth. (Classes on a separate schedule)
- **Rock Bottom:** 30 minutes of intense training focusing on the bottom half!!!

Group Fitness Schedule and



Sanford
Wellness Center

Class Descriptions

