

MONDAY

Time	Studio	Class	Instructor	Duration
5:30a	1	TurboKick Express	Christi	:45
6:00a	2	Core & More	Franck	:45
8:30a	2	*Cycling	Heidi	:60
8:45a	1	Ultimate Intervals	Hallie	:45
9:30a	1	BodyPump	Vikki	:60
9:30a	2	Dynamic Strength	Heidi	:60
10:30a	2	Yoga	Kate	:60
5:00p	1	BodyStep	Liz	:60
5:15p	2	Yoga	Debi	:45
6:00p	1	Dynamic Strength	Beth	:60
6:00p	2	*Cycling	Erin	:60
6:15p	PT	*TRX	Andrea	:45
7:00p	1	BodyCombat	Kristin / Jamie	:60

TUESDAY

5:30a	2	*Cycling	Jill M.	:60
5:30a	1	BodyPump	Hallie	:60
8:30a	2	Forever Fit	Marcia	:60
8:45a	1	Zumba	Krista	:45
9:30a	1	Fusion	Kristin	:45
11:45a	2	*Cycling	Christine	:60
4:30p	1	BodyPump	Beth	:60
5:30p	1	TurboKick	Katy	:60
6:30p	2	*Cycling	Dana / John	:60
6:30p	1	Fusion	Katy	:45

WEDNESDAY

5:30a	1	Fusion	Heather	:45
6:00a	2	Core & More	Andrea	:45
6:30a	PT	*TRX	Beth	:45
8:30a	2	*Cycling	Libby	:60
8:45a	1	BodyStep Express	Kristin	:45
9:30a	1	BodyPump	Kristin	:60
9:30a	2	Fusion	Heidi	:60
5:15p	1	BodyStep Express	Allison	:45
5:30p	2	Yoga	Lisa	:60
6:00p	1	BodyPump	Mel / Liza	:60
6:30p	PT	*TRX	Allison	:45

For class descriptions, please visit our website www.phfitness.com

THURSDAY

Time	Studio	Class	Instructor	Duration
5:30a	1	BodyPump	Franck	:60
8:30a	2	Forever Fit	Heidi	:60
8:30a	1	Dynamic Strength	Beth	:60
9:30a	1	BodyCombat	Vikki	:60
9:30a	2	Yoga	Lisa	:60
11:45a	2	*Cycling	John	:60
4:30p	1	BodyPump	Jen / Liza	:60
5:30p	1	BodyCombat Express	Susan	:45
5:30p	PT	*TRX	Beth	:45
6:30p	2	*Cycling	Ryan / John	:60
6:30p	1	Fusion	Rose	:45

FRIDAY

5:30a	1	TurboKick	Heather / Franck	:60
6:00a	2	Core & More	Sarah W.	:45
8:30a	1	Ultimate Intervals	Hallie	:60
8:30a	2	Forever Fit	Marcia / Heidi	:45
9:15a	2	Dynamic Strength	Marcia / Heidi	:45
10:00a	2	Yoga	Stephanie	:60
11:30a	1	BodyPump	Krista	:60
5:30p	1	Zumba	Liz	:60

SATURDAY

7:30a	2	*Cycling	Dana	:60
8:00a	1	BodyPump	Vikki / Christine	:60
9:00a	1	TurboKick	Susan / Franck	:60
9:15a	2	*BodyPump Intro (1st Sat of mo.)	Vikki	:45
10:00a	1	BodyStep	Mel / Jen	:60
10:00a	PT	*TRX	Andrea / Tim K	:45

SUNDAY

7:45a	1	Hip Hop Hustle	Katy	:45
8:30a	1	BodyStep Express	Kristin	:45
9:00a	2	*Cycling Intro (1st Sun of mo.)	Ryan / John	:45
9:15a	1	Fusion	Kristin	:45
10:00a	2	*Cycling	Ryan / John	:60
10:15a	1	BodyCombat Express	Trina / Sarah W.	:45
11:15a	1	BodyPump	Franck	:60

* Denotes a class requiring advanced sign up

LAND CLASS DESCRIPTIONS

CARDIO CLASSES

BODYCOMBAT: *NEW CLASS MAY 2011!* BodyCombat is a non-contact, martial arts-inspired cardio-kickboxing program where your 'Inner Warrior' is totally unleashed! The class format draws from disciplines such as Karate, Boxing, TaeKwonDo, Muay Thai and Tai Chi. This empowering workout will allow you to strike, punch, kick and kata your way through calories right to superior cardio fitness! **EXPRESS OPTION is 45 minutes long.**

BODYSTEP: BodyStep is like no other Step class! This format retains the essence of a great Step workout while adding fun and athletic movements to the mix. With sing-a-long music, lots of spunk and effective interval-training principles, you'll improve cardio fitness, shape and tone your lower body, and improve coordination and agility. What more could you ask for? **EXPRESS OPTION is 45 minutes long.**

CYCLING: Experience the ride of your life! Cycling is a fun, athletic workout that closely mimics a true biking experience...all from the comforts of an indoor studio! Speed, terrain and intensity vary in each class, improving cardiovascular endurance and boosting lower-body strength. **EXPRESS OPTION is 45 minutes long.** Advanced sign up required, space is limited. Intro classes offered monthly October – May, check club fliers for dates.

HIP HOP HUSTLE: Burn up the dance floor and burn calories, too! Hip Hop Hustle takes the fun factor up a notch by combining Hip Hop and cardio dance moves, resulting in a workout that feels more like a night on the town than exercise! The moves are broken down and simplified, making them easy to follow and fun to learn. No experience required! Think you can't dance? 'Get your groove on' with Hip Hop Hustle!

TURBOKICK: Kick, punch & groove your way to a brand new body in this action-packed, super fun, & effective cardio workout! TurboKick is a unique blend of cardio-kickboxing, sports drills & simple dance moves in a party-like atmosphere. With music that makes you want to 'move it', TurboKick will push your fat-burning potential into high gear while improving cardio endurance, agility & muscular strength. Watch out for the Turbo section! **EXPRESS OPTION is 45 minutes long.**

ZUMBA: A latin-inspired dance-fitness class that incorporates international music and movements, resulting in a dynamic, exciting and effective workout. The class format combines both fast and slow latin rhythms, allowing participants to achieve a unique blend of cardio and muscle-toning benefits. The moves are fun and easy to follow.

MIND / BODY CLASSES

YOGA: Bring body & mind into balance. Yoga is an invigorating workout utilizing classical Hatha Yoga postures with the goal of inspiring a healthy body while uplifting the mind. Postures will stretch, align and detoxify your body, promoting strength, balance and flexibility, while encouraging relaxation and reducing stress. ***YOGA MAT REQUIRED.**

FUSION: Mind & Body with a twist! Our unique Fusion format incorporates moves inspired by Pilates, Yoga & traditional strength training. Presented in an up-tempo environment, Fusion is a highly mainstream format that pushes the limits of strength, balance & flexibility in an exciting, innovative way. If you're looking for a new direction and challenge with regard to your mind/body workout, this class is for you! **YOGA MAT REQUIRED**

STRENGTH CLASSES

BODYPUMP: BodyPump is the original barbell class that strengthens your entire body. An excellent supplement to cardiovascular training, this 60-minute workout will challenge all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts & curls. Great music, awesome instructors and your choice of weight will inspire you to get the results you came for – and FAST! **EXPRESS OPTION is 45 minutes long.** Advanced sign up is required, sign up available 1-hour prior to class. Space is limited. New participants should arrive early for set-up instructions. Intro classes offered monthly September – May, check club fliers for dates.

CORE & MORE: Did you know that your core provides the power behind all the movements of your body? Strengthening and stabilizing the core is a key component when it comes to helping your body move better, and it can also protect you from certain lower-back conditions. In Core & More, you will learn fun & challenging new ways to strengthen the important muscles of your core and its surrounding areas including the abdominals, lower back, hips and glutes. As a result, you will maximize your body's strength, power, balance and flexibility, allowing you to perform daily tasks safely and more effectively.

DYNAMIC STRENGTH: No choreography here - just a full-body workout using dumbbells, tubing, Physio-Balls, body resistance and more. This non-cardio class will not only build muscle strength and endurance, but also target problem-areas and give your body definition.

CARDIO & STRENGTH CLASSES

FOREVER FIT: A total-body workout set to all kinds of great music. Cardiovascular, strength, balance & flexibility exercises are incorporated into each class. Low-impact, no impact or high-impact...you choose the level of intensity! All ages and fitness levels are welcome.

TRX: This challenging 45 minute class will have you breathing hard and feeling muscles you never knew you had! TRX works all core all the time, so get ready for great abs and a strong back in addition to a toned, sculpted body! TRX will incorporate strength, flexibility, power, endurance and core into each circuit-style workout.

ULTIMATE INTERVALS: Interval or "burst" training is one of the fastest ways to lose fat, preserve muscle and get the most out of your workout time. With Ultimate Intervals, you get it all: 40 minutes of burst training, functional strength exercises and a lengthened cool-down to round out the workout. An array of modifications will be shown so that everyone succeeds. **Monday 8:45am class is CARDIO ONLY.**

FUNCTIONAL FITNESS: No choreography here, just alternating stations that incorporate cardio and strength work, agility and flexibility drills and more. Exercises are easy-to-follow and functional in nature. Every piece of equipment in the studio will be fair game in order to keep your classes fresh and your body guessing

INTRO CLASSES

- *Intro classes for cycling and BodyPump offered monthly from October – May. Check club fliers or website for dates and times.*
- *TRX intro classes are offered monthly. Intro class participation is required prior to attending regularly scheduled classes.*