

## MONDAY

Time	Studio	Class	Instructor	Duration
5:30a	1	Ultimate Intervals	Franck	:45
8:30a	Cycle	<b>*Cycling</b>	Heidi Sp.	:50
8:30a	1	Ultimate Intervals	Hallie	:60
9:30a	1	BodyPump	Vikki	:60
9:30a	2	Pure Strength	Heidi Sp.	:60
10:30a	2	Gentle Yoga	Rob	:60
4:30p	1	BodyCombat Express	Susan	:45
5:15p	2	Yoga Flow	Anna	:60
5:30p	1	Dynamic Strength	Beth	:45
6:15p	2	<b>*TRX</b>	Andrea	:45

## TUESDAY

5:30a	1	Pump & Stretch	Hallie	:60
8:45a	2	Insanity (45)	Kristin	:45
8:45a	1	Zumba	Krista	:45
9:30a	1	Yoga Flow	Kristin	:45
11:45a	Cycle	<b>*Cycling</b>	Christine	:60
4:30p	1	BodyPump	Beth	:60
5:30p	2	WERQ <i>(trial - begins 6/9)</i>	Christina	:45
5:30p	1	Ultimate Intervals	Franck	:60
6:30p	1	Power Yoga	Amy	:60

## WEDNESDAY

5:30a	1	Yoga Flow	Heather	:45
6:00a	2	Core & More	Andrea	:30
8:30a	Cycle	<b>*Cycling</b>	Erin	:50
8:30a	2	<b>*TRX</b>	Beth	:45
8:45a	1	BodyStep Express	Kristin	:45
9:30a	1	BodyPump	Kristin	:60
9:30a	2	Yoga Flow	Heidi	:60
5:15p	1	BodyStep Express	Jen	:45
5:15p	2	Yoga Flow	Rose	:60
6:00p	1	BodyPump	Mel	:60

\* Denotes class requiring advanced sign up

For class descriptions, please visit our website [www.phfitness.com](http://www.phfitness.com)

## THURSDAY

Time	Studio	Class	Instructor	Duration
5:30a	1	BodyPump	Franck	:60
8:30a	2	Custom Cardio	Heidi Sp.	:60
8:30a	1	Dynamic Strength	Beth	:60
9:30a	1	Ultimate Intervals	Erin	:45
9:30a	2	Yoga Flow	Lisa	:60
4:30p	1	BodyPump	Jen	:60
5:30p	1	TurboKick Express	Steve	:45
6:00p	Cycle	<b>*Cycling</b>	John	:60
6:15p	2	Yoga Flow	Rose	:45

## FRIDAY

5:30a	1	TurboKick	Franck	:60
8:30a	2	Zumba	Krystal	:40
8:30a	1	Ultimate Intervals	Hallie	:60
9:15a	2	Pure Strength	Heidi Sp.	:45
10:15a	2	Gentle Yoga	Maureen	:60
11:30a	1	BodyPump	Angie / Shelly	:60

## SATURDAY

7:30a	Cycle	<b>*Cycling</b>	Erin	:60
8:00a	1	BodyPump	Vikki / Steve	:60
9:00a	1	BodyStep	Mel	:60
9:15a	2	Insanity (45)	Vikki / Steve	:45
10:00a	2	<b>*TRX</b>	Andrea	:45

## SUNDAY

8:30a	1	BodyStep Express	Kristin	:45
9:15a	1	Power Yoga	Kristin	:45
10:15a	1	Zumba	Macy	:45
11:15a	1	BodyPump	Franck	:60

# STUDIO CLASS DESCRIPTIONS

## CARDIO CLASSES

**BODYCOMBAT:** 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!

**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?

**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. Advanced sign up required, space is limited.

**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!

**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. Moves are fun and easy to follow.

**WERQ: NEW CLASS!** WERQ is the fiercely-fun dance fitness class based on pop, rock and hip-hop music. The signature WERQ warm-up previews the moves used throughout class, while the signature WERQ cool-down incorporates balance and yoga-inspired stretches. Everything in between is pure fun! Are you ready to WERQ?

## MIND / BODY CLASSES (BYOM – Bring Your Own Mat)

**GENTLE YOGA:** Find inner balance and cultivate mindful awareness in this soft, relaxing, more nurturing practice. Gentle Yoga allows time for more detailed instruction and is less physically challenging than our Vinyasa-inspired classes. Emphasis is on self-awareness, use of breath, proper alignment, and honoring the body. Appropriate for all levels or for those who prefer to move at a slower pace.

**YOGA FLOW:** Build strength, balance and flexibility as you link breath with movement in this Vinyasa-inspired class. Students will move through a flowing series of Yoga postures while focusing on proper alignment and inner awareness of mind, body, and spirit. The sequence of postures may differ from class to class but will include warm-up, some variation of Sun Salutations, a dynamic standing series, balance and or core work, and various joint openers and stretches. All classes will conclude with final relaxation, leaving you feeling centered and calm. Appropriate for all levels as modifications will be offered.

**POWER YOGA:** A dynamic, faster-paced class that will tone your body while disciplining your mind. Power Yoga consists of an energetic series of Yoga postures done in sync with breath (Vinyasa-style), with an emphasis on moving fluidly from pose to pose. The result is an enhanced physical strength and stamina, improved flexibility and a calm yet focused mind. All levels welcome, with modifications offered for new and advanced students.

## STRENGTH CLASSES

**BODYPUMP:** BodyPump is the original Les Mills barbell class that strengthens your entire body – FAST! This 45 or 60-minute workout will challenge all of your major muscle groups by using the best weight room exercises like squats, presses, lifts & curls. Using the proven BodyPump formula of lower weight loads combined with higher repetition movements, you'll burn fat, gain strength and produce lean body muscle without bulk. Great music, highly-trained instructors and your choice of weight will inspire you to get the results you came for, and have fun doing it! Space is limited. New participants should arrive early for set-up instructions.

**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. You will learn fun & challenging new ways to strengthen important muscles of your core and its surrounding areas including the 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:** A total-body strength class that uses all of the various fitness "toys" in the studio, including dumbbells, bands, gliding discs, balance pods, Physio Balls and more. Set to music, this non-cardio class will shape and tone your body, while building strength and muscle endurance.

**PURE STRENGTH:** Work your muscles by learning to lift heavier with fewer repetitions. This class will promote strength, increase bone density and boost metabolism, allowing you to burn more calories even while at rest. Dumbbells, resistance bands & your own body weight will be used.

## CARDIO & STRENGTH CLASSES

**CUSTOM CARDIO:** Dance your way to better health with tunes from the 60's to contemporary hits of today, including pop, latin and a little bit of country. This low-impact cardio class is easy to follow and great for anyone, since YOU choose the intensity that meets your needs. Muscle lengthening and relaxation will provide the perfect ending to the workout.

**INSANITY:** A perfect adaptation of the *insanely*-popular at-home workout, the health club version of Insanity has been designed with the Group Exercise participant in mind. Insanity exercises are cardio-based and intended to chisel you from head to toe, using your body weight as resistance. With Insanity-certified instructors, this class gives you a safe, challenging, results-driven experience in 45 or 50 minute formats. Modifications are shown throughout class in order to provide the ultimate workout, regardless of fitness level.

**PUMP & STRETCH:** Enjoy a 40-minute express version of BodyPump followed by 20 minutes of yoga-based stretching.

**TRX:** This challenging 45 minute class will have you breathing hard and feeling muscles you never knew you had! TRX works the whole 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 8:30am class is CARDIO ONLY.**

## INTRO CLASSES

*Intro classes are highly recommended prior to participating in BodyPump, Cycling and TRX classes. Intro classes will be offered monthly October – May. Check club fliers or our website for dates and times.*