

September 2010 Fifth Street Fitness Center Group Exercise Schedule

CLASS DESCRIPTIONS:

Abs 'n Back: Create core balance by strengthening, toning and stretching your back and abdominal muscles. Great for a quick workout before breakfast, after work, or a lunchtime break!

T2: It's time to Tone and Tighten. Learn how easy it is to strength train using minimal equipment & still receive great benefits. This class will target all major muscle groups quickly and effectively.

STEP: This class will use the basics of step and slowly add in more advanced moves exploring many different ways to use the step. Lots of fun for a great high energy cardio class!

STEP & Strength: A combination of cardiovascular & resistance training, alternating intervals between the step & strength moves using hand weights, weighted bars & or exercise bands.

The Mixx: Don't feel coordinated? No problem. This class offers an easy-to-follow yet challenging workout that allows you to achieve results while combining cardio kickboxing, athletic drills, and high and low impact moves. This is one, high-energy, tough cardio workout. Sprinkle in some fun and you have The Mixx.

Walk to Run Club: Learn proper techniques on form & stride. This club is a great way to train for walking/running events such as local 5K's. Instructor/Leader will be present. Remember to dress for the weather!

Hatha Yoga: In hatha yoga, you will learn to control your breathing in order to provide focus into various postures. As you progress, you will gain greater flexibility in your body and mind. Like any form of exercise, hatha yoga helps develop physical strength in addition to mental strength. * This is a specialty fee based class. Purchase a 6 week session at the front desk. Minimum of 6 participants required.

- All levels of fitness are welcome. The instructor will demonstrate various levels so you can choose which level is best for you.
- Class size limit is 12 participants and at least 2 participants must be present to hold class.
- Any class with fewer than 10 participants over 4 weeks will be up for review.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 am – 7:20 am	Abs 'n Back		Abs 'n Back		Abs 'n Back
11:25 am – 11:55 am	STEP	STEP & Strength (11:15-11:55am)	STEP	The Mixx	STEP & Strength (11:15-11:55am)
12:00 pm– 12:30 pm	Abs' n Back (12-12:20pm)	Hatha Yoga (12-1pm) * Fee Based	Abs' n Back (12:00-12:20pm)	Abs' n Back (12:00-12:20pm)	Abs' n Back (12-12:20pm)
12:25 pm– 12:55 pm	T2			T2	Walk to Run Club
1:45 pm– 2:15 pm			T2		

All basic group exercise classes are complimentary to Fifth Street Fitness Center members!!