



a PERFECT FIT
 CUSTOMIZING FITNESS SINCE 2005

**FALL 2010
 GROUP FITNESS SCHEDULE**

MON	TUES	WED	THUR	FRI	SAT/SUN
P-MAX-90 6:00 – 7:00 am *Registered class	P-MAX-90 6:00 – 7:00 am *Registered class	P-MAX-90 6:00 – 7:00 am *Registered class	P-MAX-90 6:00 – 7:00 am *Registered class	P-MAX-90 6:00 – 7:00 am *Registered class	<u>SATURDAY</u> BODY PUMP 9:15 – 10:00 am
LATIN STEP 9:30 – 10:30 am	CIRCUIT BLAST! 9:30 – 10:20 am	P-MAX-90 9:30 – 10:30 am *Registered class	GET ON THE BALL 9:30 – 10:30 am	KEISER CIRCUIT 9:30 – 10:30 am	<u>SUNDAY</u> ABDOMINATION 9:15- 10:00 am
KID FIT 3:15 – 4:15 pm Ages 8-15	Express Lunch Workout 12:15 – 12:45 pm	KID FIT 3:15 – 4:15 pm Ages 8-15	Express Lunch Workout 12:15 – 12:45 pm	KID FIT 3:15 – 4:15 pm Ages 8-15	
KICKBOXING 5:20-6:20 pm			KEISER CIRCUIT 6:00 – 7:00 pm		
P-MAX-90 6:20 – 7:20 pm *Registered class	LATIN STEP 7:00 – 8:00 pm	P-MAX-90 6:20 – 7:20 pm *Registered class	STRETCH CLASS 7pm – 8:00 pm	P-MAX-90 6:20 – 7:20 pm *Registered class	
		COMING SOON Yogilates 7:30-8:30 pm \$5 per class			

Business Hours:

Mon – Thur 6:00am – 10:00 pm
 Friday 6:00am – 7:00pm
 Saturday 8:30am – 4:00
 Sunday 9:00am – 12:00pm

Abdomination - Strengthen your body by strengthening your core in this 45 minute workout. Focus will be on abs, back and flexibility.

Body Pump - Full body-conditioning program that encompasses functional exercise using free weights and body resistance to strengthen, sculpt and challenge your body.

Circuit Blast - Get ready to sweat! This class will combine timed intervals of weights and cardio for optimal training results. Exercises will include both free weight training and using the body's own weight as resistance with short burst of cardio.

Get on the Ball – Using a Swiss Ball we will work your core strength, balance, and coordination, all while toning and sculpting your favorite “needs improvement” areas.

KEISER Circuit - Participate in this instructor led circuit class on the Keiser equipment. You will learn how to effectively use the machines and be shown new ways to do your circuit routine to improve results and make exercise fun!

Kickboxing- (similar to Tae Bo and Boxercise) is a mixture of Kickboxing and aerobics. It is a super way to burn fat without any bruises because there is no person to person contact. Cardio Kickboxing is reported to burn a whopping 500 calories per hour!

Latin Step Aerobics- If you love Latin dancing and you love step aerobics this is the class for you! With a fusion of the two you will sweat, burn calories, and have so much fun in this hot new class!

P-MAX-90 - This is a 90-day program designed to give you absolute results! You will workout with a personal trainer by your side in a small group setting and be pushed past the barriers. This class will take your physical conditioning to the next level. Activities will include medicine ball training, TRX suspension training, strength, power and agility drills and of course your trainer will attack your core to expose those 6 pack abs just dying to come out! REGISTER FOR THIS PROGRAM

Kid Fit – For ages 8 – 15 years. A combination of cross training methods which include a variety of drills and techniques to improve quickness, speed, agility, balance, change of direction, endurance, strength training, plyometrics, flexibility and overall muscle conditioning. See your child excel at their sport!

Stretching Class - This class will improve your posture, balance and range of motion. Regular attendance will help reduce muscle soreness, cramping and fatigue and will increase blood circulation and energy levels. Whether you are an athlete or novice exerciser flexibility training is a must if you want to enhance your physical performance. Come and be rejuvenated!

Express Lunch Workout – Come on your lunch break and get a 30 minute workout with a certified personal trainer. All fitness levels welcome. This will be an all body routine that will increase cardio, strength, balance and core stabilization.