

FITNESS | U

AT STRAWBERRY SQUARE
SEE YOURSELF FIT

Group Exercise Schedule September 2010

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<u>Capitol Cardio</u> 6:00am Stacia	 6:00am Stacia		<u>Muscle Firm</u> 6:00am Stacia	<u>Interval (Step)</u> 6:00am Stacia	
 11:10am Ashley	<u>CardioBlast/Step</u> 11:10am Ashley/Barb		<u>Muscle Firm</u> 11:10am Franca		
<u>Indoor Cycling</u> 12:00pm Mary <u>Kickboxing</u> 12:10pm Franca	<u>Sparta</u> 12:10pm Josh	<u>Indoor Cycling</u> 12:00pm Mary  12:10pm Ashley	<u>Indoor Cycling</u> 12:00pm Ashley <u>Pilates</u> 12:10pm Dianne	<u>Sparta</u> 12:10pm Josh	
	<u>Pilates</u> 1:10pm Susan		<u>Muscle Firm</u> 1:10pm Sandy		
 5:00pm Ashley <u>Judo</u> 6-8pm ** \$15 additional fee	<u>Indoor Cycling</u> 5:00pm Julie	<u>Judo</u> 6-8pm ** \$15 additional fee	<u>Indoor Cycling</u> 5:00pm Josh <u>Abs & Core</u> 6:00pm Paul		

Group Exercise Class Descriptions

Pilates	A combination of basic mat and Pilate movements. This class is designed to stretch and strengthen to improve flexibility and posture.
Pilates Fusion	A powerful fusion of Yoga and Pilates that includes exercise sequences and postures to help you develop a stronger core, improve flexibility and feel increasing strength, tone and grace.
Abs & Core	A 15-minute abs workout focused on technique, alignment, and strengthening resulting in improved core strength, definition, and tone. Stretch segment included.
Indoor Cycling	Challenge yourself with this ride. This heart pumping class will give you a great cardio & total body workout with a guarantee to sweat, so bring a towel and water bottle! You will be led through flatlands and hills for a cardio workout. Call ahead to reserve a spot!
Boot Camp	Drill oriented interval training class that includes strength training and cardio aspects designed to challenge. Includes upper body, lower body, cardio, and abdominal conditioning.
Muscle Firm	Upper and lower body muscles worked individually and simultaneously to improve muscle tone and definition. Incorporates free weights, resistance bands, steps and weighted body bars for a total body workout.
Yoga	Learn basic yoga techniques to relax and relieve mental and physical tension.
Step	An action packed class that incorporates movement on and around the step, a fun and exciting class that will give you a fun filled and excellent workout sure to keep you coming back!
Kickboxing	Kick and punch your way to fitness with this hot class. It combines the heart healthy benefit of cardio exercise, while offering gains in agility, balance and coordination.
Interval (Step)	Basic step class with cardio intervals. An energizing way to start your day!
Sparta	

If you would like to schedule an exercise orientation, personal training appointment, center tour or have questions please contact Fitness U at (717) 236- 3476, fax (717) 236-1791