



FEBRUARY 2012 BEGINS WED. FEB. 1ST



DAILY SCHEDULE FOR ENTIRE MONTH UNLESS OTHERWISE NOTED *

Location Key: Group X Spin Fitness Floor Outdoors

Denotes New Class/Time

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM	AM
2/12 only SPIN™ JOURNEY 90 min		5:30-6:00-6:30 CROSS+90 ZEUS	6:00-6:45 SPIN TAMI		6:00-6:45 SPIN TAMI	
8:30-9:30 SPIN™ INSTRUCTOR ROTATION	8:30-9:30 HATHA YOGA KATHRYN	6:00-6:45 ATHLETES YOGA LAURA	8:30-9:30 BODY PUMP® MOLLY	8:30-9:15 TOTAL BODY JENNY		8:30-9:30 SPIN LOIS
9:30-10:15 STRENGTH JUDY	9:35-10:35 TOTAL BODY MOLLY	8:30-9:15 STRENGTH JUDY	9:35-10:35 START ME UP! HEARTWORKS DEENA		9:00-10:00 BODY PUMP® LYNN	8:15-9:30 VINYASA YOGA LAURA
10:15-11:00 PILATES JUDY		9:20-10:20 BARRE PLUS JULIA	Wed. 2/15 only 10:30-11:15 "STOMPIN' AT THE SAVOY" DEENA	9:25-10:25 NIA PAT		9:40-10:40 BODY PUMP® LOIS
		9:30-10:15 SPIN™ JUDY		9:30-10:15 SPIN™ SHARON		
		10:30-11:00 ACTIVE ADULT JUDY		10:30-11:00 ACTIVE ADULT JUDY		
LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME
PM	PM	PM	PM	PM	PM	PM
		4:30-5:30 YOGA BASICS KATHRYN	2/13 & 2/20 SPIN™ RF CANCELLED	5:30-6:00-6:30 CROSS+90 ZEUS	4:30-5:15 STRENGTH JUDY	
	6:00-6:45 SPIN™ JUDY	5:35-6:35 BODY PUMP® ERIN	6:00-7:00 SPIN™-RF TAMI	5:30-6:30 BARRE TONE JULIA	5:15-6:00 PILATES JUDY	
	7:00-8:00 BODY PUMP® MOLLY	6:45-7:45 FORMATS 4 FREE VARIOUS	2/15 only BODYPUMP 2 FOR 1	6:45-7:45 ANUSARA YOGA KATHRYN		
		FORMATS 4 FREE DETAILS POSTED IN GROUP X STUDIO	7:00-8:00 BODY PUMP® LYNN			

Classes/instructors subject to change/cancellation

- **FEBRUARY IS NATIONAL HEART MONTH - TREAT YOUR HEART TO ONE OF THE SPECIAL DEMO CLASSES**
- **FORMATS 4 FREE – TUESDAYS 6:45-7:45PM - 2/7 (STEP), 2/14 (MIIND/BODY), 2/21 (BODYVIVE™), 2/28 KICKBOX**
Participate & Be Heard!!! At the end of February we will offer a brief survey asking which classes you preferred in an effort to bring new programming based on your feedback!
- **"STOMPIN' AT THE SAVOY", WEDNESDAY 2/15 10:30-11:15AM FOR ACTIVE ADULTS 45+ (See flyer for more details)**
- **CROSS+90...continues! (Regular class rates/punches will apply)**
- **SPECIAL 2 FOR 1 BODYPUMP®, WEDNESDAY, FEB. 15 7:00PM.** Bring a spouse, relative, friend or colleague for FREE!

HAPPY VALENTINES DAY...
GIVE YOUR BODY SOME FITNESS LOVE!



CLASS DESCRIPTIONS

Active Adult (Judy)

Join us for 30 minutes of muscle conditioning, stretching, and flexibility.

Anusara Yoga (Kathryn) 60 minutes

Anusara style Yoga will focus on the Three A's...Attitude, Alignment and Action. This Hatha based practice will help you explore new asana (poses) while learning to flow through them with grace, awareness and integration.

Athlete's Yoga (Laura) 45 minutes

Geared toward the muscle groups that tend to be tightest and most frequently strained by athletes. Strengthen and stretch every area of the body. All levels welcome.

Barre Tone, Barre Plus (Julia) 60 minutes

Shape and elongate every major muscle group with these ballet inspired exercises. Focus will be on small controlled movements and core strength. Barre Plus will offer some additional cardio.

BodyPump® (Erin/Lois/Lynn/Molly) 60 minutes

Challenge all your major muscle groups by using the best weight-room exercises. Great music, awesome instructors & your choice of weight inspire you to get the results you came for – and fast!

Cross+90 (Zeus) 30 and/or 60 minutes

Blends elements of CrossFit and P90x® based work outs delivering results in as little as 15 minutes per day. These full body workouts will get you in the best shape of your life! We know your time is valuable so we've designed the class format in 30 minute sessions; join us for 30 minutes or 1 hour and see results!

Hatha Yoga (Kathryn) 60 minutes

Combine breath work with soothing poses to open your body and mind to a new awareness of personal health.

Nia (Pat) 60 minutes

Nia is low impact aerobics comprised of elements from T'ai Chi, Tae Kwon Do, Aikido, jazz, modern dance and yoga. Nia is safe for any fitness level - from stiff beginners to highly fit athletes. Shoes optional!

Pilates (Judy) 45 minutes

Emphasis is on proper alignment to improve flexibility, joint stability, strength, endurance, and coordination.

Spin™ (Judy, Lois, Sharon, Tami, Tracey) 45 or 60 minutes

This stationary biking class provides a challenging cardiovascular work out for all fitness levels. You will be guided on an all-terrain ride set to motivating music. Join us for an exciting, upbeat, and energetic workout! H2O required!

Spin™-RF (Tami) 1 hour (45 minute spin and 15 ab work)

Rosalind Franklin students have first priority to bikes for this class. If bikes are available, ALL members are welcome to join us on a first come-first serve basis. No advance sign-up is allowed.

Start Me Up! Heartworks (Deena) 60 minutes

This class is designed to challenge your heart rate...but not your brain! Simple choreographed movements, broken down and repeated, with options for low impact or high impact variations. 45 minutes of great music that will move your feet and great total body involvement to work your heart! Then 15 minutes will focus on core strengthening and abdominal conditioning...stretch and go!

Strength (Judy) 45

Targets overall body for greater fitness! Designed to develop muscular definition, endurance, and strength.

Stompin' at the Savoy (Deena) 45 minutes

Journey back to when dance moves like the fox trot, two-step, jitterbug & cha, cha & music including big band & Jazz was all the rage...Fast forward to the fitness revolution determined to keep us all moving. Designed for ages 45+. Moderate to intermediate aerobic conditioning.

Total Body (Jenny, Molly) 45 or 60 minutes

Strength class with the addition of cardio! Class will include cardio variations and strength training for the entire body.

Vinyasa Flow Yoga (Laura) 75 minute class

Breath synchronized movement – moving from one pose to the next on an inhale or an exhale. Smooth flow of poses. Expect movement not just stretching.

Yoga Basics (Kathryn) 60 minutes

This all ages class will allow you to catch some "you" time before dinner while releasing some stress from your day. Come play, stretch and explore through Yoga

	Member	Non-Member
Walk-in Passes	\$ 10	\$ 12
12 punch pass (Expires 6 months from date of purchase – no refunds on unused punches)	\$100	\$135
24 punch pass (expires 6 months from date of purchase – no refunds on unused punches)	\$175	\$235
3 month unlimited	\$200	\$250