

# Total Fitness Connection- Franklin Facility

270-586-7000



## Group Exercise Schedule October 2011



Transform Your Body, Find Your Potential, Change  
Your Life

|         | Monday                             | Tuesday                           | Wed.                                     | Thursday                           | Friday                               | Saturday  |
|---------|------------------------------------|-----------------------------------|--|------------------------------------|--------------------------------------|---|
| 8:30 am | <b>SweatShop</b><br>Tina           | <b>Yoga</b><br>Beth               | <b>Cardio Chisel</b><br>Tina             | <b>Body Sizzle</b><br>Sara         | <b>SweatShop<br/>Circuit</b><br>Tina |   |
| 9:30 am | <b>Yoga</b><br>Tina                | <b>Zumba®</b><br>Beth             | <b>Yoga</b><br>Tina                      | <b>Yoga</b><br>Stephanie           |                                      |   |
|         |                                    |                                   |  |                                    |                                      |   |
| 5:00 pm | <b>Sizzle Circuit</b><br>Stephanie | <b>T~n~T<br/>(30)</b><br>Jennifer | <b>Zumbatomic®<br/>for Kids!</b><br>Beth | <b>T~n~T<br/>(30)</b><br>Stephanie |                                      | <b>SPOOKTACULAR</b><br>*Special*<br>Zumbatomic<br>& Zumba on<br>10/29/11 @ 5 & 6pm<br>Costumes encouraged |
| 5:30 pm |                                    | <b>T.F.C. 550</b><br>Jennifer     |  | <b>Step</b><br>Jennifer            |                                      |   |
| 6:00 pm | <b>Yogalates</b><br>Sara           |                                   | <b>Zumba®</b><br>Beth                    |                                    |                                      |   |

-Classes, times, or instructors are subject to change and/or cancellation. -All classes 60 minutes unless otherwise noted.

**T~n~T: TIGHTEN IN THIRTY (30 min)** Instructor will focus 10 minutes on UPPER body, 10 minutes on LOWER body, 10 minutes on ABS!! Get your quick fit here! **ALL**

**Cardio Chisel:** This is where great bodies are "chiseled". Instructors will help you carve out those muscles with all kinds of fun equipment and dynamic moves. There are also cardio intervals involved so you'll get the full package. **ALL LEVELS**

**Sizzle Classes:** Low impact conditioning and toning, using a variety of cardio styles and a variety of toning equipment. **ALL**

**Step:** Cardio class using the step. **ALL LEVELS**

**T.F.C 550:** Totally Fun Cardio! Get your workout and have fun doing it!! Great music, variety of cardio, and full body toning! We will burn at least **550** calories per class, usually **MORE!** (Est. Calorie burn based on ~150lb. person) **ALL LEVELS**

**Yoga:** The yoga (path) focuses on bodily postures to improve meditation and strength. Popular as a means to better health, fitness, and relaxation: focusing on flexibility. Low impact. **ALL LEVELS** **Yogalates:** Yoga and Pilates combination. **ALL**

**Zumba®:** Party yourself into shape!! The latin rhythms blended with the dance moves make for an awesome workout!! **FUN!!! ALL**

**Zumbatomic®=** This is a Zumba class designed specifically for kids ages 6-13. They get to experience the fun of Zumba in a kid-friendly atmosphere. \*Parents - drop them off and let them Zumba! (beginner level class)

**SweatShop:** A combination of low-impact cardio and easy strength training using various modes to achieve the optimal muscular and cardiovascular workout. Be ready to **SWEAT!!! ALL** **SS Circuit: We will utilize a variety of cardio machines too! ALL**

**Facility Hours:**

Monday-Thursday: 5am-9pm  
Friday: 5am-9pm, Saturday: 8am-4pm, Sunday: 1pm-5pm

**Childcare Hours:**

Monday-Friday: 8am-12pm, Monday-Thursday: 4:30-8pm  
Saturday: 8am-11am, Sunday: Closed