

# Total Fitness Connection - Russellville Road Facility

## Group Exercise Schedule

October, 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>						
9:00 am	<b>*Sweatshop</b> Linda	<b>S.E.T.</b> Daphne	<b>* Zumba®</b> <b>Toning</b> Linda	<b>S.E.T.</b> Linda	<b>*Zumba®</b> Linda	<b>S.E.T.</b> 10-1: Daphne 10-8: Peggy 10-15: NO CLASS 10-22: Daphne 10-29: Melissa B.
10:00 am		<b>*Gentle Yoga</b> Melissa S.		<b>Zumba Gold</b> <b>(45)</b> Anna	<b>*Yoga</b> Melissa S.	
<b>Evening Classes</b>						
4:30 pm	<b>*Zumba®</b> Linda	<b>*Yoga</b> Danielle		<b>*Yoga</b> Danielle		
5:00 pm			<b>*Zumbatomic</b> <b>for Kids (30)</b> Anna			
5:30 pm	<b>*6 Pack (15)</b> Daphne	<b>*6 Pack (15)</b> Melissa B.	<b>*Zumba®</b> Linda	<b>*6 Pack (15)</b> Peggy	<b>*Zumba®</b> Linda	
5:45 pm	<b>Sweatshop</b> <b>(45)</b> Daphne	<b>S.E.T. (45)</b> Melissa B.		<b>*Cardio Chisel</b> <b>(45)</b> Peggy		

\*All classes, times & instructors subject to change and/or cancellation. See Sub Board in the Aerobics Studio for changes or check at the front desk.

*\*Classes with an asterisk in front of their name are "kid friendly". Children ages 8-13 on a **family membership** plan can attend these classes with parental supervision.*

**Transform your body-Find your potential-Change your life**

## Class Descriptions

**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)

**6 Pack** - This is fifteen minutes of nothing but abdominal and core work. Guys, get in this class for a top notch mid-section workout. (All levels)

**Sweatshop**- A combination of cardio & easy strength training using various modes to achieve the optimal muscular and cardiovascular workout. Be ready to SWEAT! All levels.

**S.E.T. (Strength Endurance Training)** – A system using barbells and dumbbells to increase your muscular strength, which will assist you in your everyday activities. The workout is tough, the music is good, the fellowship is fun and the results are great! All levels.

**Yoga/Gentle Yoga** – A system of physical postures, breathing techniques, and meditation to promote bodily or mental control and well-being. Yoga is not just a set of exercises but an entire philosophy of being with the goal of achieving peace of mind and of body. (All levels)

**Zumba®** – Party yourself into shape! Zumba is fun, different & effective. The latin rhythms blended with the dance moves make for an awesome workout. Good music, great fun, great workout!! (All levels)

**Zumba® Toning** – This class blends body sculpting techniques and specific Zumba moves into one calorie burning, interval training class. Instructors use weighted maraca like sticks or light weights to enhance rhythm, tone muscles and increase cardiovascular health. (All levels)

**Zumbatomic® for Kids** – This class 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)