



CLASS

PERFORMANCE HEALTH & FITNESS LLC

DESCRIPTIONS:

- Deeper Definition -** This class will burn an average of 400 calories or more in 1 hour! Work your entire body from head to toe; each muscle group worked hard in 4 min sets. Increase metabolism & your body's fat burning ability. Intermediate/advanced
- Pilates Fusion -** Combine the benefits of Pilates, Yoga and resistance training in one workout to increase flexibility, strength and balance. All levels
- Gentle Total Body Strength -** Enjoy this gentle approach to strengthening your body, lengthening your muscles, and energizing your mind. The class will combine the best of traditional and nontraditional training methods effective for all levels.
- Group Cycling -** Basic cycling movements with motivational coaching. Fun, safe & effective for all levels
- Kickbox Circuit -** Combine exercises from martial arts and athletic training, focusing on cardio intervals, strength training, core and more. All levels
- Kripalu Yoga -** A gentle approach to improve flexibility, strength and breathing techniques. All levels
- Maximum Strength -** Push yourself to reach maximum strength and develop lean muscle! Class will include pyramid sets, slow and steady, heavy sets, and fewer reps.
- Pilates -** Improve your core strength and stability; improve posture and flexibility -- a great complement to any fitness routine. All levels
- S.M.A.C.K** Salsa, muscle, abs, & cardio kickboxing. Strength and Cardio in one hour packed high energy workout!
- Stability Ball + -** Utilize the stability ball **plus** body bar, dumbbells and bands, as you challenge your balance, increase your stamina and improve your strength & flexibility. All levels
- Tai-Chi/Yoga Fusion -** Experience some of the oldest exercise forms on the planet through gentle moving meditation. Leave feeling invigorated, energized and more balanced from this natural flow of wellness. Class will include Tai-Chi, Qi Gong and Yoga. All levels
- Turbo Kick -** This class maximizes your workout with ab sculpting moves and fat burning cardio! A unique blend of intense intervals and endurance training perfectly choreographed to motivating music!
- Total Sculpt -** Total body integrated movement using resistance tools to increase lean muscle & burn calories- All levels
- Vinyasa Flow Yoga -** This class links powerful breath with dynamic, ongoing flow of postures. Vinyasa yoga cultivates strength, endurance, flexibility, balance, focus, and serenity. All levels
- Yoga Variations -** Come join us for a different view of an ancient practice. Alternating methods including: partner, warm, advanced poses, and vigorous (increased speed of flow)
- Zumba -** 1-Hour class uses the interval training principle, alternating fast and slower rhythms, giving participants a calorie burning workout that's both fun and effective. Zumba is about shaking, shimmying, and sweating to an infectious Latin beat and just plain having fun! Wear usual gym clothes and shoes.

SPECIALTY CLASSES

BEGINNER FITNESS CLASSES

DATE	TYPE	INSTRUCTOR
<i>Begins 10/4/11:</i>		
10/4	Kick box	Denise
10/11	Pilates	Candy
10/18	Step	Denise
10/25	Cycle	Candy
11/1	Power Yoga	TerryAnn
11/8	Tai Chi	TerryAnn

LADIES R.I.P.P.E.D:

Wednesday 6:30 – 7:30 pm &
Friday 5:30 – 6:30 pm
Inquire within; 9 week
session

ZUMBA:

Non-Member Fee
\$50 for 10 sessions

KIDS CAMP:

Fitness Class for Kids Ages 4 - 10

Monday's - 4:05 – 4:50 pm with TerryAnn
12-week session \$60, Per Class fee - \$7
Start Date TBA *

** We would love to run our Kids Camp with enough interest...if interested please call!
Babysitting is available at these times*