

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BOOT CAMP Deb 6:00 am / Upper Deck 60 Min Lvl 3 CARDIO INTERVAL Donna 8:00 am 60 Min Lvl ML Cycle/Spin Dave: 1st & 3rd Jennifer: 2nd & 4th 9:00 am 60 Min Lvl ML KUKUWA DANCE Beth 9:00 am 60 Min Lvl ML ULTIMATE FITNESS Rebecca 10:00 am 60 Min Lvl 3 MUSCLE HUSTLE* Michael 11:00 am 60 Min Lvl ML YOUTH CONDITIONING Karim 2:30 pm 60 Min Lvl ML YOUTH MARTIAL ARTS 3:30 pm RB 120 Min Lvl ML BELLY DANCING Annie (Higher Music Volume) 5:30 pm 60 Min Lvl ML HEART SPIN Danny 6:00 pm 60 Min Lvl 3 CROSS TRAIN CHALLENGE Steve 6:30 pm 60 Min Lvl ML	BOOT CAMP Ken 6:00 am / Upper Deck 60 Min Lvl 3 SERIOUS CYCLE David K 6:15 am 60 Min Lvl 1 STRETCH* Paulette R. 7:00 am 60 Min Lvl ML CORE & MORE* Paulette R. 8:00 am 60 Min Lvl ML ULTIMATE FITNESS Garry 9:00 am 60 Min Lvl ML BODY BLAST Kelly 10:00 am 60 Min Lvl ML CORE FIT/STRETCH* Deb 11:30 am 60 Min Lvl ML BE FIT, BE WELL* Suzanne 1:30 pm 60 Min Lvl ML YOUTH CONDITIONING Karim 4:00 pm RB 60 Min Ages 8-13 FIT KIDS 4:00 pm PR 60 Min SERIOUS CYCLE Dave K. 5:30 pm 60 Min Lvl 3 ULTIMATE FITNESS Sarah 5:15 pm 60 Min Lvl ML MUSCLE UP Ginny 6:15 pm 60 Min Lvl ML MAX AB ENDURANCE Ginny 7:15 pm 15 Min Lvl ML	CROSS TRAINING CRAZE Kristen 6:00 am 60 Min Lvl ML CROSS TRAIN CHALLENGE Deb 6:00 am / Fitness 60 Min Lvl ML HEART SPIN Danny 6:15 am 60 Min Lvl ML CORE & MORE Kelly 8:00 am 60 Min Lvl 2 SERIOUS CYCLE Dave 9:00 am 60 Min Lvl ML BODY BLAST Donna 9:00 am 60 Min Lvl ML ULTIMATE FITNESS Garry 10:00 am 60 Min Lvl 3 MUSCLE HUSTLE* Michael 11:00 am 60 Min Lvl ML TAI CHI Maria 12:00 pm 60 Min Lvl ML YOUTH MARTIAL ARTS 3:30 pm RB 120 Min Lvl ML CROSS TRAIN CHALLENGE Steve 5:30 pm 60 Min Lvl ML SERIOUS CYCLE Dave K. 6:00 pm 60 Min Lvl 1 ULTIMATE FITNESS* Maria 6:30 pm 60 Min Lvl ML HIP-HOP FUSION Lynette 7:30 pm 60 Min Lvl ML	BOOT CAMP Ken 6:00 am / Fitness 60 Min Lvl 3 SERIOUS CYCLE Dave K 6:15 am 60 Min Lvl 3 INTENSE STEP Kristen 7:45 am 60 Min Lvl ML KICK & CARDIO Vicki 9:00 am 60 Min Lvl ML BALLETONE* Rebecca 10:00 am 60 Min Lvl ML STABILITY BALL FITNESS Mike 11:00 am 60 Min Lvl ML YOUTH CONDITIONING Karim 4:00 pm RB 60 Min Ages 8-13 FIT KIDS 4:00 pm PR 60 Min T.B.C. TOTAL BODY CONDITIONING Vicki 5:15 pm 60 Min Lvl 1 HEART SPIN Danny 6:00 pm 60 Min Lvl 2 AB LAB Vicki 6:15 pm 15 Min Lvl ML ULTIMATE FITNESS* Janice 6:30 pm 60 Min Lvl ML	BOOT CAMP Deb 6:00 am / Upper Deck 60 Min Lvl 3 CARDIO INTERVAL Donna 8:00 am 60 Min Lvl ML SERIOUS CYCLE Dave K 9:00 am 60 Min Lvl ML ZUMBA Corey 9:00 am 60 Min Lvl ML BODY BLAST Kelly 10:00 am 60 Min Lvl ML MUSCLE HUSTLE* Donna 11:00 am 60 Min Lvl 1 YOUTH CONDITIONING Karim 4:00 pm RB 60 Min Ages 8-13 FIT KIDS 4:00 pm PR 60 Min CROSS TRAIN CHALLENGE Karim 5:30 pm 60 Min /Fitness BELLY DANCING Andrea / Katayoun Higher Music Volume 6:00 pm 60 Min Lvl ML	TRIPLE FIT Kelly 8:00 am 75 Min Lvl 3 SERIOUS CYCLE Dave K 8:00 am 90 Min Lvl 3 ULTIMATE FITNESS Rebecca 9:15 am 75 Min Lvl 2 CARDIO DANCE Donna 10:30 am 60 Min Lvl 2	CROSS TRAIN CHALLENGE Vicki/Leigh 9:00 am 75 Min Lvl ML JUMP & JAM Laurie 12:00 pm 90 Min Lvl ML FIT KIDS Laurie 1:30 pm 60 Min Lvl ML

FUN!!

NEW CLASS!

NEW CLASS!

NEW CLASS!

NEW CLASS!

NEW CLASS!

"Firm Believers" Fitness Program
 Ask Fitness Dept. for Details

MARTIAL ARTS
 Mondays and Wednesdays
 3:30 - 4 PM
 Ages 3-5
 ♦
 4 - 4:40 PM
 Ages 6-8
 ♦
 4:40 - 5:30 PM
 Ages 9 - Teen

PR = Play Room
RB = Racquet Ball Area
TBA = To Be Announced

Please Note: 9, 10, 11 AM Classes, Hip-Hop, Zumba & Kukuwa Classes - Music Higher Volume
 *Seniorcise Classes (Senior Friendly)

L1 = Beginners
 L2 = Intermediate
 L3 = Advanced
 ML = Beginners - Intermediate

GROUP EXERCISE CLASS CATEGORIES

CARDIO DANCE CLASSES

High intensity/multi-level impact classes incorporating traditional aerobic combinations with stylish movement and motivating music. Our popular cardio dance program is a fun and effective way to get fit.

Belly Dancing
Dance Enhanced
Jump & Jam
Hip-Hop Fusion
Cardio Jam
Kukuwa

CORE CLASSES

Core stability stresses the importance of the body's center of power. The core is the foundation for all movement. Regular conditioning of the core muscles is vital for preventing injuries, correcting posture and ensuring more efficient functional movement patterns. The benefit of core training is to develop a functional fitness foundation, essential to both daily living and regular exercise.

AB LAB
Soft Core
Core Fit
Core & More
Core Stretch
Stability Ball Fitness

CROSS-TRAINING CLASSES

Cross-training is the way to give yourself a full body workout. In cross-training, two or more types of exercise are performed in one workout. Cross-training offers great advantages: adds variety to your workouts to keep you interested and progressing; develops your entire body, rather than specific body parts or energy systems (aerobic vs anaerobic); distributes the load of training among various body parts, thus reducing the risk of injury; and maximizes your time. We have the most diverse and effective cross-training classes of any club in the area.

Cross Training Craze
Interval Conditioning
Muscle Hustle
Body Blast
Triple Fit
Early Morning Challenge
Muscle Up
Kick & Cardio
Osteo Impact
Ultimate Fitness
Boot Camp
MAX AB Endurance

SCULPTING/WEIGHT TRAINING CLASSES

Resistance is not futile! The most effective way to change your body composition is through weight training. It is effective because it builds muscle and muscle is the key to changing your body shape. Weight training stimulates your metabolism and the caloric burning effect lasts long after your weight training class. It also strengthens joints and aids in increasing bone density.

T.B.C.
Shape Up
Muscle Sculpt
Muscle Madness
Circuit Fitness

POWER 1/2 HOUR SERIES

The Power 1/2 Hour series was designed especially for those with limited time OR those who want a little extra tacked on to their workout. The series is diversified to accommodate all exercise preferences. Many of the selected formats are short versions of our most popular classes.

Pilates
Max. Ab Endurance
Ab Lab
Circuit Fit
Body Blast
Soft Stretch

INDOOR CYCLING CLASSES

Cycling is a great low impact, full body workout to include in your exercise regimen. It is virtually impact free, requires no specialized moves, and is not difficult to get into — just get on a bike! We have a variety of indoor cycling classes to suit every level.

Cycle
Serious Cycle
Heart Spin

STEP CLASSES

Step is a low impact, with a moderate to high intensity level, cardio class designed to develop cardiovascular and muscle endurance. Multiple combinations are performed on an adjustable platform and can range from basic to challenging. Add high energy music, directional changes, and arm choreography and you have a terrific workout!

Step It Up
Step Reebok
Intense Step