

December 2011

SPORTS AND FITNESS CENTER Group Exercise

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|--|------------------------------------|------------------------------|
| Attention FIP: FITNESS IMPROVEMENT PROGRAMS | Attention TBC: TOTAL BODY CONDITIONING CT: CIRCUIT TRAINING | | | 1 BOOT CAMP (FIP) 1700 LAURA ZUMBA 1815 JENNY | 2 YOGA 1700 LAURA | 3 ZUMBA 1000 JENNY |
| 4 | 5 YOGA 1700 LAURA TBC (FIP) 1815 JESSICA | 6 ABS/CORE (FIP) 1730 JENNY ZUMBA 1815 JENNY | 7 YOGA 1700 JESSICA TBC (FIP) 1815 JESSICA | 8 BOOT CAMP (FIP) 1700 LAURA ZUMBA 1815 JENNY | 9 YOGA 1700 LAURA | 10 ZUMBA 1000 JENNY |
| 11 | 12 YOGA 1700 LAURA TBC (FIP) 1815 JESSICA | 13 ABS/CORE (FIP) 1730 JENNY ZUMBA 1815 JENNY | 14 YOGA 1700 JESSICA TBC (FIP) 1815 JESSICA | 15 BOOT CAMP (FIP) 1700 LAURA ZUMBA 1815 JENNY | 16 YOGA 1700 LAURA | 17 ZUMBA 1000 JENNY |
| 18 | 19 TBC (FIP) 1200 JESSICA | 20 ZUMBA 1600 JENNY | 21 YOGA 1600 JESSICA | 22 ZUMBA 1600 JENNY | 23 TBC (FIP) 1200 JESSICA | 24 ZUMBA 1000 JENNY |
| 25 CLOSED FOR CHRISTMAS | 26 TBC (FIP) 1200 JESSICA | 27 ZUMBA 1600 JENNY | 28 YOGA 1600 JESSICA | 29 ZUMBA 1600 JENNY | 30 TBC (FIP) 1200 JESSICA | 31 ZUMBA 1000 JENNY |
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ABS/CORE

A workout that strengthens your core for better posture & optimal body alignment to reduce fatigue in the long run.

BOOTCAMP

A classic work-out that burns calories and takes it up a notch. This class uses a step with or without risers so the level of difficulty can be adjusted. It provides a more intense leg work-out than most aerobic classes & uses weight to maximize results! Suitable for all fitness levels.

TOTAL BODY CONDITIONING

A grueling workout ranging from running & jumping jacks to push-ups, squats & sit-ups. Appeals to people with busy schedules who need to pack a hard workout in 45 minutes.

YOGA

A blend of strength training & stretching for a total body fitness experience. This class builds muscles in all areas of the body & helps keep you flexible for increased mobility. A final relaxation at the end of each class helps unwind & calm the mind.

ZUMBA

A fusion of Latin rhythms that featured interval training sessions combined with training resistance to sculpt & tone your body while burning fat.

FITNESS CENTER:
702-652-4891

*** CLASSES OR INSTRUCTORS ARE SUBJECT TO CHANGE ***