



# September 2010

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15	Kick-n-Dance Michelle		Kick-n-Dance Michelle		Kick-n-Dance Michelle	
0900-1000	ZUMBA Michelle O.	GENTLE YOGA Sharon	ZUMBA Chris	GENTLE YOGA Sharon	ZUMBA Chris	
0900-1030						SUPER SATURDAY Michelle
12:00-12:45	ZUMBA Express Stephanie		ZUMBA Express Stephanie			
5:00-6:00	Sculpt-n- Tone Ronnie	ZUMBA Michelle	Sculpt-n- Tone Ronnie	ZUMBA Michelle		
6:00-6:45		Tighten UP! Michelle		Tighten UP! Michelle		
6:15-7:00	Dance with Diane		Dance with Diane			

Don't be nervous about coming to take one of our classes, our instructors teach to every level! If you have any questions or suggestions never hesitate to talk to any of our friendly aerobic staff.

**Kick-n-Dance:** Come for an early morning work-out experience!! Its 45 minutes of upbeat music with a combination of dance, kickboxing and strength. Guaranteed to wake you up and help you start your day!!!!

**Zumba:** Open to all levels! Zumba fuses Latin rhythms and easy to flow moves to create a one-of-a-kind aerobic fitness program

**Tighten Up!:** Strength training the old fashion way! We work the whole body, and then choose a body part to really target. Choosing a different body part each class!!

**Gentle Yoga:** Perfect for beginners or for those who prefer a slow and gentle approach, this class emphasizes practicing at your own pace in a friendly, non-competitive environment. Learn the basics of alignment and balance in the physical postures as well as meditative breathing to help calm stress. Each class ends with deep relaxation followed by an uplifting reading.

**Zumba Express:** Tired of eating at your desk during lunch and never feeling like you had a break? Come take a 30 minute high energy Latin based dance class.

**Sculpt-N-Tone:** Join us for a full body 60 minute toning experience!

**Dance with Diane!:** Its dance, dance, dance... Everything from ballroom to Latin rhythms, come on in and get your groove on!

**Super Saturday:** Get ready for the weekend with a 90 minute workout combining Zumba, kickboxing and strength training. One weekend it might be a circuit the next weekend it might be pure cardio. Come on in and see what's happening!

