



862-1737 (general info)
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STORE HOURS	CHILD CARE (Energy)	CHILD CARE (Core Studio)
Mon-Thrs 5a-10p	8:30a-12:30p, 4-6:30p(M,W)	9:30-11:30a, 5:30-7:30p
Friday 5a-9p	8:30a-12:00p	9:30-11:30a
Saturday 7a-6p	8:30a-11:00a	8:30-11:30a
Sunday 7a-3p	No Childcare Sundays	

April 1, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning		Spin (Sandra) 6:00-7:00		Spin(Cathy) 6:00-7:00		Team Training (Margie) 7:00-7:45	
				Spin (Georgina) 7:30-8:30	Spin (Christine) 7:45-8:30	Spin (Lou) 8:00-9:00	
		Straight Up Step (Robyn) 8:00-8:45	Team Training (Liz) 8:30-9:15	Fit&Easy Sculpt (Robyn) 8:00-8:45		Cardio Boxing (Margie) 8:00-9:00	Spin 8:00-9:00 (Margie)
Mid Morning	Cardio Pump (Sandra) 9:30-10:15	Spin (Liz) 8:30-9:30	Cardio Pump (Cathy) 9:30-10:15	Team Training (Sandra) 8:45-9:30	Team Training (Cathy) 9:30-10:15	Team Training (Margie) 9:30-10:15	Team Training (Margie) 9:15-10:15
	Team Training (Cathy) 9:30-10:15	Cardio Box (Delores) 9:30-10:15	TT Nutrition (Katie) 10:15-11:00a	Cardio Pump (Mary/Delores) 9:30-10:15	Zumba (Kelly) 9:30-10:15	Zumba (Kelly) 9:00-9:45	Vinyasa Yoga (Lisa) 9:00-10:15
Late Morning	Team Training (Mary) 9:45-10:30	Spin (Mary) 9:30-10:30	Spin (Sandra) 9:30-10:30	Team Training (Cathy) 9:30-10:15	Spin (Sandra) 9:30-10:30	Yoga (Amy) 10:00-10:45	Team Training (Margie) 10:00-10:45
	Zumba (Kelly) 10:30-11:15		Team Training (Sandra) 10:45-11:30	Team Training (Sandra) 10:30-11:15	Power Pilates 10:45-11:30 (Meg)		
	Spin (Sandra) 10:45-11:45						
			Spin (Mike) 4:00-4:45				
Early Afternoon	Cardio Box Margie 5:30-6:15		Team Training (Mary) 5:00-5:45	TT Youth Athletic 5:30-6:30			
	Spin (Trevor) 5:30-6:30	Zumba (Kelly) 6:30-7:15	Zumba (Kelly) 6:00-6:45	Spin (Trevor) 5:30-6:30			
Late Afternoon	Pilates (Meg) 6:45-7:45	Cardio Pump (Kelly) 7:15-8:00	Spin (Mary) 6:30-7:30	Zumba (Kelly) 6:30-7:30			
	Yoga (Meg) 7:45-8:45	TT Nutrition (Katie) 7:00-8:00p	Team Training (Meg) 6:45-7:30				
		Capoeira-Basic Moves 8:00-9:00	Yoga (Amy) 7:45-8:45	Capoeira-Basic Moves 8:00-9:00			
		Capoeira-Inter-Advanced 9:00-10:00		Capoeira-Inter-Advanced 9:00-10:00			

All TT Sessions are Team Training, and require a Team Training Package to participate. Inquire at front desk for options.
 All TT Sessions are subject to availability. There is a 6 member maximum occupancy. Please call to confirm availability if you would like to participate.

Energy Circuit Classes					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:30am	8:00-8:30am	8:00-8:30am	8:00-8:30am	8:00-8:30am	8:00-8:30am
9:00-9:30am	9:00-9:30am	9:00-9:30am	9:00-9:30am	9:00-9:30am	9:00-9:30am
10:00-10:30am	10:00-10:30am	10:00-10:30am	10:00-10:30am	10:00-10:30am	10:00-10:30am
4:00-4:30pm	4:00-4:30pm	4:00-4:30pm			
5:00-5:30pm	5:00-5:30pm	5:00-5:30pm			
6:00-6:30pm	6:00-6:30pm	6:00-6:30pm			

CLASS DESCRIPTIONS FOR ENERGY AND ENERGY CORE FITNESS STUDIO

CIRCUIT TRAINING:

Join a 30 minute class run by the On-the-Floor Advisor, utilizing the STRIVE Circuit Equipment. Great for developing strength and muscle tone. (ALL) These classes offer a great opportunity for you to stay consistent with your weight training workouts. The instructors are very motivational and the variations that they offer within the classes will keep both your mind and body stimulated.

Aerobic Group Classes:

Spinning- The ultimate ride combining training aspects that will challenge you physically and mentally. Ride the flats , climb the mountains and find the champion and athlete within! Heart rate monitors suggested (ALL) (Please reserve your bike 1 hour before class by calling the front reception)

Kick Boxing and bag training- a boxing class fusing jiu-jitsu martial arts and self defense techniques to develop strength, power and confidence.(ALL)

Zumba- fusion of Latin and international dance. It combines aerobics, interval training as well as resistance training in easy to follow dance steps. (ALL)

Cardio Pump - It's a toning and conditioning class with weights and is for everybody who wants to add strength training into their aerobic workout. Hot sounds and compelling choreography keep you inspired for the 45-60 minute workout.

Wellness Group Classes:

Pilates- a workout that will develop abdominal core control, spinal stabilization, muscular strength, flexibility and balance.(ALL)

Power Pilates -Same base as above, but will incorporate the use of PILATE rings, Swiss ball, and Pilates bars throughout the routine. (/

Yoga- includes breathing techniques and exercises which are followed by meditation to relieve stress and revitalize each participant.(A

Team Training:

Incorporates the training technique known as Muscular Confusion, which accelerates the results process by constantly introducing new moves and routines so your body never plateaus, and you never get bored!

Energy Team Training has the diversity your body needs and the fun your spirit craves!

This semi-private session, 4-6 members, will incorporate numerous styles and tools like: Kettlebells, TRX Suspension, Bosu, Fluidity B Yoga, Fast Twitch Muscle exercises and many more!