

Effective September 1, 2011



# Group Exercise Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Hours of Operation:</b>	<b>8:30am</b> <b>Core/ Conditioning</b> Susan	<b>8:30 am</b> <b>Cardio Mix</b> Jen/Lisa	<b>9:30 am</b> <b>Cycling</b> Lisa	<b>8:30am</b> <b>Pilates</b> Celeste	<b>8:30am</b> <b>Body Sculpt</b> Susan	<b>8:00 am</b> <b>Cycling</b> Tammy
Mon-Fri 5am-9pm	<b>9:30am</b> <b>30/20/10</b> Lisa	<b>9:30am</b> <b>Pilates</b> Celeste				<b>9:00 am</b> <b>Core/ Conditioning</b> Jen
Saturday 7am- 8pm (or last court booked)			<b>4:10pm</b> <b>Interval Mix</b> Lisa	<b>4:10pm</b> <b>Cardio/ Sculpt</b> Jen	<b>4:10pm</b> <b>Buts n' Guts</b> Jen	<b>9:45am</b> <b>Cycling</b> Jen
Sunday 11:30am-8pm	<b>4:10pm</b> <b>Body Sculpt</b> Jen					
<b>Phone:</b>	<b>5:10pm / 5:30pm</b> <b>Cycling / Zumba Toning</b> (cycling studio) (exercise studio) Jen Jackie		<b>5:10pm / 5:30pm</b> <b>Cycling / Zumba</b> (cycling studio) (exercise studio) Lisa Sarah H.	<b>5:10pm</b> <b>Cycling</b> Jen	<b>5:10pm</b> <b>Cycling</b> Jen	
637-1551 www.prrfc.com						

### **Body Sculpt**

This class uses weights, balls, steps, bands, and bars to give you a total body workout.

### **30/20/10**

A mix of 30 minutes of cycling, 20 minutes of toning, and 10 minutes of core work.

### **Cardio Mix**

A combination of spinning, step, intervals, and foot work drills to give you a cardio workout!

### **Cardio Sculpt**

This class incorporates cardio/toning intervals for a full body energetic workout.

### **Core/Conditioning**

This class focuses on abs, lower back, and overall body toning.

### **Step/Sculpt**

Combines a classic step class with the use of additional equipment to work your entire body.

### **Zumba**

Zumba fuses hypnotic Latin rhythms and easy to follow dance moves to create a dynamic workout system.

### **Zumba Toning**

Zumba Toning is designed to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class.

### **Interval Mix**

Burn off calories with intervals of high intensity cardio, strength training, and abdominal blasting.

### **Cycling**

A stationary bike class set to music that simulates a real bike ride with high levels of intensity throughout the workout.

**(Call in advance to reserve a spot)**