


# STUDIO 82

## JANUARY Starts 1.1.12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>9:30</u> TRIPLE THREAT!	<u>9:00</u> SPIN	<u>8:45</u> BODY BLITZ	<u>9:30</u> STEP TO IT!	<u>9:30</u> ZUMBA!!!	<u>8:45</u> SPIN
	<u>9:45</u> ALL ABOUT CORE	<u>9:30</u> SPIN			<u>9:30</u> HOUR OF POWER All Levels
<u>6:30</u> SPIN	<u>6:00</u> SPIN		<u>6:30</u> SPIN		<u>10:30</u> ZUMBA!!!
<u>7:00</u> YOGA CORE	<u>6:45</u> HOT POWER VINYASA YOGA	<u>7:00</u> ZUMBA!!!			
<u>8:00</u> ZUMBA!!!	<u>7:30</u> MUSCLE MADNESS (intense)	<u>8:00</u> HOUR OF POWER All levels	<u>7:30</u> ULTIMATE CARDIO & CHISEL		
		<u>8:30</u> ADULT JAZZ	<u>8:30</u> ADULT TAP		

# CLASS DESCRIPTIONS

**ALL ABOUT CORE...** Utilizes a variety of equipment to build strength and balance in the back muscles, abdominals and glutes

**BODY BLITZ...** Make the most of your time in this intense, total body, sculpting class that squeezes a 60-minute workout in to less than 45! Build muscle and increase definition with the weight workout all women need to ward off loss of bone density, increase metabolism, and burn fat!

**HOT POWER VINYASA YOGA...**This Yoga class integrates the postures, breathing exercises, relaxation, and meditation to bring harmony to you on every level -- mind, body, spirit! Join us for this mindful and moving class that is perfect for every level. The thermostat is turned up to 85\*....Dress lightly! \*\*Please Note—Monday evening Yoga is not HOT Yoga. Otherwise, class is the same.\*\*

**HOOR OF POWER...**This weight class does just that -- gets back to basics, in an hour of functional, time efficient, and integrated exercises. This class will help improve muscular strength and definition, with bouts of cardio. This is the perfect class for those just getting back into fitness as well as for those ready to step up their level of weight work.

**MUSCLE MADNESS...**Challenge strength, stability, and stamina in this intense weight class. Using a variety of functional, time efficient, and integrated exercises, this class will help improve muscular strength and definition. An intense and fast-paced workout, that may contain bouts of cardio drills. All fitness levels welcome, but should have experience with free weights.

**SPIN...**This 40 minute stationary cycling class will accommodate all levels of exercisers, from the beginner to the elite athlete. With the music pumping, your instructor will guide you through a ride that will leave you feeling both invigorated and exhausted at the same time.

**STEP TO IT...**Good old fashioned step choreography for the seasoned step lovers! A great cardio and mental challenge!

**TRIPLE THREAT!...** 20 Minutes of cardio (including kickboxing, bootcamp cardio, or 32 count aerobics), 20 Minutes of strength training, and 20 Minutes of abs and core work.

**ULTIMATE CARDIO & CHISEL...**Super cardio intense workout to all to the latest music. Super intense, fast paced drills and strength class. All fitness levels welcome. Work at your own pace.

**YOGA CORE...**A fusion of Pilates and Yoga disciplines to get the best of both genres.

**ZUMBA!**... Dance away your worries in this high energy workout that is fun and easy!! This "feel happy" class combines Latin moves and rhythms for a workout that feels like a party!

PRICES...Individual class \$9

1x/week...\$35/month    2x/week... \$48/month    Unlimited...\$60/month

**ALL FITNESS CARDS INCLUDE ADULT DANCE!**