




# STUDIO 82

## April 1, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>9:30</u> MONDAY MORNING MASH-UPS</p> <p><u>6:30</u> SPIN</p> <p><u>7:15</u> PILATES BARRE</p> 	<p><b>NEW!!!</b> <u>5:00 A.M.</u> EARLY MORNING PUMP TO START YOUR DAY!</p> <p><u>9:30</u> ALL LEVEL YOGA FLOW</p> <p><u>6:30</u> SPIN</p> <p><u>6:30</u> HOUR OF POWER</p> <p><u>7:30</u> HOT YOGA</p>	<p><u>9:30</u> SPN AND WEIGHTS One Class</p> <p><u>6:30</u> SPIN</p> <p><u>7:15</u> ZUMBA!!!</p> <p><u>8:00</u> TABATA STYLE INTERVALS</p>	<p><b>NEW!!!</b> <u>5:00 A.M.</u> EARLY MORNING PUMP TO START YOUR DAY!</p> <p><u>9:30</u> YOGA</p> <p><u>6:30</u> SPIN</p> <p><u>6:30</u> HOT YOGA</p> <p><u>7:30</u> KICKBOX INTERVALS</p>	<p><u>9:30</u> HIIT! ME WITH YOUR BEST SHOT!</p>	<p><u>SPIN</u> 8:45</p> <p><u>9:30</u> HOUR OF POWER</p> <p><u>10:30</u> ZUMBA!!!</p>
					<p><b>Sunday</b></p>
					<p><u>9:30 a.m.</u> BOOTCAMP WITH JIM</p>

440-582-4211

# CLASS DESCRIPTIONS

**BOOTCAMP**.....Jim's Bootcamp combines high intensity interval training with resistance, dance, fun contests, and agility training to help you reach your fitness goals.

**HIIT ! ME WITH YOUR BEST SHOT**..... Rev up your workout and increase your metabolism with this High Intensity Interval Training session. The class begins with high level cardio and recovery phases, then moves on to muscular strength and endurance moves while still staying in the fat-burning zone, and finishes with a deep stretch. Various equipment will be utilized during each week's class to vary how the muscles are worked. If you're looking for variety and intensity, this class is for you!

**HOT YOGA**...This Yoga class integrates 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! Yoga blocks suggested, but not required.

**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.

**KICKBOX INTERVALS**....Cardio kickboxing drills with Jeanette, interspersed with weight training intervals. Tone your entire body with this energized workout. 15 minutes of core training at the end.

**MONDAY MORNING MASH-UPS**.....a variety of cardio, core, power, and strength to start the week off right.

**PILATES BARRE**...A blend of Pilates, Yoga, muscle sculpting, and flexibility work. This class will leave you feeling longer, stronger, and more relaxed! **(Pilates Barre Workout utilizes the ballet barres.)**

**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. **PLEASE CALL TO CHECK AVAILABILITY.**

**SPIN AND WEIGHTS**.....One session - Cardio and Strength. You will increase muscle and strength, cardio endurance, energy and power in ONE HOUR. Uses a variety of equipment and the Spin Bikes to achieve a total workout in once class. Bikes 1/2 hour / Weights 1/2 hour.

**TABATA STYLE INTERVALS**.....Come experience the newest and most effective way to incinerate body fat and increase muscle mass. A Tabata interval consists of 20 seconds of high intensity work (your personal best) followed by 10 seconds of rest. This is repeated for 8 rounds totaling 4 minutes. This 45 minute class will work through 4 Tabata interval sets with 5/7 minutes of active recovery focusing on balance and core. A variety of equipment will be used..

**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!

**YOGA**..... Just like our evening classes. The room is warm, but NOT hot.

**PRICES...Individual class \$10**

**1x/week...\$35/month    2x/week... \$52/month    Unlimited...\$65/month**