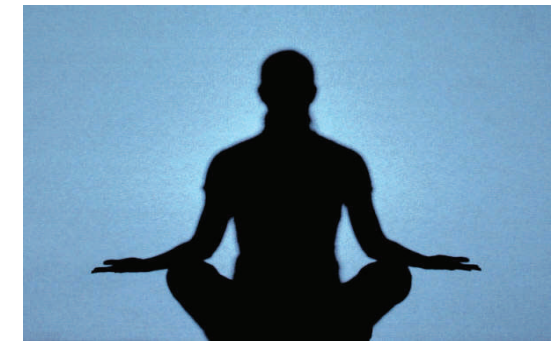




**DO MORE
THIS SUMMER!**



MONDAY/WEDNESDAY

<u>Time</u>	<u>Class</u>	<u>Instructor</u>
5:15am	Morning Express	Jen
9:05am-M	Turbo Kick	Laila
9:05am-W	Step Reebok	Steve
10:15am	Silver Sneakers	Staff
11:00am-W	Yoga	Julie
4:30pm	Step-Pump	Tricia
5:25pm	Pilates	Tracy
6:00pm	CardioKickboxing	Staff
6:00pm-M	Endurance Spin	Leslie
7:00pm	Zumba	Christal

TUESDAY/THURSDAY

<u>Time</u>	<u>Class</u>	<u>Instructor</u>
5:30am	Spinning	Carrie
9:05am	Total Body	Laila
10:00am	Hi-Lo	Steve
10:15am	Aqua	Julie
11:00am	Pilates /Stretch	Martha
4:30pm	Aqua Bootcamp	Steve
5:15pm	Turbo Kick	Christal
5:15pm	Spinning	Karen
6:00pm	Total Body	Karen
7:00pm	Yoga Fit	Judy

FRIDAY

<u>Time</u>	<u>Class</u>
5:15am	Express
9:05am	Step Reebok
10:00am	Yoga

SATURDAY

<u>Time</u>	<u>Class</u>
8:00am	Spinning
9:05am	Step Reebok
10:00am	Total Body

Instructors Vary



**Challenge
Yourself!**



Morning Express: Roll out of bed and jump on the morning express! This high energy class is anything but boring. Using variations of several different classes you wake up and get energized ready for the day! CV,E,F,S

Step: Calling all Steppers....this class combines music, basic moves and loads of fun to get you stepping into shape. Great for beginners and advanced exercisers alike. CV,E,S

Turbo Kick: Not your traditional kickboxing class. A little less impact and a little more rhythm. Every class feels like a party....a party that will melt away the calories. CV,E,S

CardioKickboxing: Let's kick some butt, burn some fat and have some fun!! This 45minute class will help you release tension and get in shape. Kick and punch your way to fitness. Accommodates both high and low impact levels. CV,E,F,S

HiLo: Take it up, take it down and have a blast. This class is a great for all fitness levels. CV, E

Lo Impact: Our feature Sliver Sneaker's class..No rush....no jumping around. Just taking it nice and easy keeping everything maintained and in working order. F,E,S

KidzFit: Free to members...a great introduction to fitness for kids age 5-12. Start off with a healthy topic and end with a great workout!! CV, F, E, S

Spinning: Take a challenging, action packed bike ride while remaining indoors. Through the combination of music, energy and imagery you will cycle away the pounds. Great for beginners and advanced exercisers alike as you control your own resistance. CV,E,

Total Body: You know the old saying, "Use it or Lose it." Well, this class promises to use it all in a Total Body workout using the bench, bands, weights, mats, ball and your own body weight to get you fit from head to toe. E,F,S

Aqua: Enjoy a dip in the pool and some great low impact exercise too. . CV,E,S,

Mat Pilates: Not a dancer...this class can help you acquire the body of one. Work the Powerhouse through Low impact strengthening and toning . E,F,S

Endurance Spin: This class will bring out the athlete in all of us. Longer, harder rides, guaranteed to make you sweat.. E, C

Zumba: Ditch the workout and Join the Party! Latin Dance made easy for exercise. So fun you won't know you're working out!



Class Components:

CV=Cardiovascular E=Muscle Endurance
F=Flexibility S=Muscle Strength



**Summer 2
Group Fitness**



**YOUR
FITTEST
SUMMER**

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