





MAY 2012

AEROBICS & SPIN CLASS SCHEDULE

225 E. Third Avenue
Bowling Green, KY 42101 (270) 393-3582
Classes subject to change on a monthly basis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin 8:15-9:15am Dawn	Spin Express 8:00-8:30am Derick	Spin 8:15-9:15am Dawn	Spin Express 8:00-8:30am Derick	Spin n Abs 8:15-9:15am Bonita	
At Your Pace Shape Up 8:30-9:35am Frank	Yoga 8:35-9:25am Dawn	*At Your Pace Shape Up* 8:30-9:35am Frank	Yoga 8:35-9:25am Dawn	*At Your Pace Shape Up* 8:30-9:35am Frank	Spin Express 9:15-9:45am Staff
Lunch Time Yoga 11:45-12:20pm Dawn	Zumba 10:30-11:30am Catrice	Lunch Time Yoga 11:45-12:20pm Dawn	Zumba 10:30-11:30am Catrice		
					
Pro Fit 5:00-5:40pm Rena	Totally Abs 5:00-5:20pm Staff <i>Free class for any fitness member</i>	Pro Fit 5:00-5:40pm Rena	Totally Abs 5:00-5:20pm Staff <i>Free class for any fitness member</i>		
Spin 5:30-6:15pm Erica	Spin 5:30-6:15pm Erica	Spin 5:30-6:15pm Erica	Spin 5:30-6:15pm Erica		
Step 5:45-6:30pm Rena	Zumba 5:30-6:30pm Bonita	Step 5:45-6:30pm Rena	Zumba 5:30-6:30pm Bonita		
	Yoga-Ballet Fusion 6:40-7:30pm lajahnni		Yoga-Ballet Fusion 6:40-7:30pm lajahnni		

***Requires Additional Fee. For more information, contact Frank LaManna at 393-3232. SilverSneakers members must pay \$5.00 monthly fee to attend classes on this schedule.**

AEROBICS & *SPIN* CLASS DESCRIPTIONS

FEES:

\$ 22.00	1 month
\$ 60.00	3 months Unlimited (Paid in Full)
\$190.00	Yearly Unlimited (Paid in Full)

- ***AT YOUR PACE SHAPE UP*** - Come and join a low impact class for a great workout. This class does what the title says; you go at your own pace using a wide variety of techniques for a great combination of strength, endurance, and balance training. For more information please contact Frank LaManna at 393-3232.
- **MORNING STEP** - A fun challenging workout using a step platform and ending with an abdominal workout.
- **LUNCH TIME YOGA** - If you're looking for a quick yoga class with all the benefits then this is the class for you. Stop in on your lunch break and get a great yoga workout and still have enough time to grab a healthy snack on your way back to work. Bring your own yoga mat!
- **STEP** - This class will incorporate a variety of workouts including boot camp, basic step, weights, and abdominal work.
- **YOGA** - This class is designed to improve flexibility, muscular strength and endurance, and psychological well-being. Yoga mat, block, and strap recommended, but not required. Bring your own yoga mat.
- **YOGA-BALLET FUSION** - This class will include both yoga poses with ballet movements. Increase your flexibility, balance, strength, and coordination all with one fun class!
- **TOTALLY ABS** - This class focuses primarily on strengthening and toning the abdominals, obliques and lower back muscles.
- **PRO FIT** - Looking to have a little fun while working out? This class is for you. This class incorporates exercises that will focus on the legs, abs, hips, and butt. Excellent class for the beginner.
- **ZUMBA** - This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.
- **WINTER WORKOUT** - Looking for a great workout to get your weekend started? Then this class is for you. Come join Rena as she puts you through a full body conditioning routine including everything from weights to aerobic type movements.
- **SPIN - This is a 45-minute spin class. SPIN EXPRESS - This is a 30-minute spin class.**
- **SPIN n ABS - This is a 45-minute spin class ending with 15-minutes of abdominal work.**

IMPORTANT REMINDERS:

- *Aerobic classes are limited to the first 30 participants. **Spin classes are limited to the first 11 participants' w/bike tags.***
- ***Spin class- Members may register the day of class by phone (393-3582) or in person. You can only reserve 1 bike per caller.***
 - ***Your bike will be forfeited to the next person in line if you do not show by scheduled CLASS TIME.***
 - *If an aerobic or spin class has less than 4 participants for 4 consecutive classes, it may be removed from schedule.*
 - *All aerobic & spin classes will be cancelled in the event that City schools are cancelled due to bad weather.*