

# February '12-Group Fitness



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6AM	w/ Tanya Spin Studio		w/ Shannon Spin Studio		w/ Amy HIT Room	
8AM						w/ Team Spin Studio
9AM	w/ Team HIT Room	w/ Ashlee HIT Room	w/ Linda Spin Studio	w/ Amy HIT Room	Spin&Sculpt w/ Shannon Spin Studio	w/ Team HIT Room
10AM						w/ Team HIT Room
						2/11 w/ Pam & 2/25 w/ Paula
12PM		w/ Bill Spin Studio				
		w/ Eric HIT Room				
	X	X	X	X	<p style="text-align: center;"><b>SATURDAY, FEBRUARY 11TH</b></p> <p style="text-align: center;"><b>LFM'S 3rd Annual Indoor Triathlon</b></p> <p style="text-align: center;">10-min row 20-min bike 15-min treadmill (or elliptical)</p> <p style="text-align: center;">*There will be <b>no Spin, Bodypump, or Bodycombat</b></p> <p style="text-align: center;">**Proceeds benefit group fitness &amp; Tri team</p>	
4:30PM	Core Body Strength w/ Phyllis Studio B		w/ Molly HIT Room			
5:30PM	w/ Pam Studio B	Yoga For Everybody w/ Laura Studio A	w/ Paula Studio B			
	w/ Connie Spin Studio		Bootcamp w/ Danny HIT Room	w/ Jade Spin Studio		
6:30PM		w/ Amy Hit Room	w/ Ashlee HIT Room	w/ Ashlee HIT Room		

\*Schedule subject to change

\*\*An average class size of 6 students is needed to ensure that the class remains on the schedule

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### Class Descriptions

**BODYCOMBAT** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. *(Express is 45 minutes)*

**BODYPUMP** This cardio strength workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

**BOOTCAMP** is packed with intervals of cardio and strength training, this class is designed to keep the energy high and the body working overtime. Shock your body with a mix of high-intensity traditional aerobics, kickboxing, and plyometric drills, and use your own body weight to sculpt muscles and scorch calories. This isn't summer camp!

**CORE BODY STRENGTH** will make your body feel amazing as you undertake core training that is a fusion of fitness conditioning, dance, Pilates and yoga principles.

**SPIN** is indoor cycling set to motivating, energizing music. All levels of fitness are welcome! Work at your own pace in this vigorous, calorie-scorching class. Get ready to sweat!

**SPIN & SCULPT** Get the ultimate workout. Spin & sculpt... 25 minutes of spin then 25 minutes of strength with light to medium weights. Cool down with stretching.

**YOGA FOR EVERYBODY** with Laura Fiscus is a Level 1/2 class that promotes healthy body awareness and yoga practices at a level that's appropriate for beginner (and beyond) participants. You will perform simple, gentle stretches combined with deeply relaxing restorative poses. Experience the difference yoga can make in your life.

**ZUMBA** combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve

### Workshops

- Ballroom Dancing w/ Nancy: Friday @ 7:30pm in Studio B *starting January 20*
- Golf Clinic w/ Slug: Tuesday @ 12pm in Studio B *starting January 24*
- Hoopla w/ Erin & Beth: Saturday @ 12pm in HIT Room *starting January 21*
- Jiu Jitsu w/ Kevin: Thursday @ 6:30pm in Studio A
- Karate w/ Pete: Monday & Wednesday @6:30pm in Studio B
- Stott Pilates I w/ Susan: Monday & Wednesday @ 7pm in Studio A *starting January 16*
- Stott Pilates II w/ Susan: Monday & Wednesday @ 6pm in Studio A *starting January 16*

*\*\*Advanced sign up and payment required*



