

**SUMMER
FITNESS CLASS SCHEDULE
Effective: May 22, 2010**

Monday	9:30 - 10:30 10:45 - 11:45	Cardio Power Body Sculpt
Wednesday	9:30 - 10:30 10:45 - 11:45	Cardio Power Body Sculpt
Friday	9:15 - 10:15 10:30 - 11:30 11:45 - 12:45	Cardio Power Body Sculpt Yoga (All Levels)
Saturday	6:15 - 7:15 9:15 - 10:15 10:30 - 11:30 11:45 - 12:45	Power walk Zumba Pilates Mat-Work Yoga (All Levels)
Sunday	10:30 - 11:30 11:45 - 12:45	Total Physique Yoga (All Levels)

*All classes are subject to cancellation or change.
*Wear appropriate athletic footwear and clothing
(ie. No spa sandals or bathing suits)

Summer 2010 Fitness Class Descriptions

CARDIO POWER:

Join us for a high energy, fat burning, and heart pumping, easy to follow routines that will be challenging while developing your stamina to achieve a cardiovascular workout. Also focusing on AB's using a variety of equipment: mat, fit ball and the Bosu, to concentrate on strengthening the AB's.

POWERWALK:

Wake up with the desert! Enjoy stunning views of the Valley while challenging your physical fitness. This three 1/2-mile loop includes multiple hills that help strengthen your legs and improve your stamina. Please dress according to seasonal weather. Water is supplied and a camera is recommended.

TOTAL FITNESS:

This class includes a great cardio workout, muscle strengthening and flexibility training help reduce body fat and increase muscle tone without the bulk. A variety of equipment will be used.

PILATES MATWORK:

Combine specific movement with deliberate breathing to achieve improved body. With Pilates mat work it improves awareness while strengthening your body core.

BODY SCULPT:

Take body sculpting to next level. Sculpt and tone your muscles from head to toe using multiple forms of our wonderful fitness equipment. Cool down stretch.

YOGA: (ALL LEVELS)

Learn how to combine posture, breathing and meditation to improve strength, flexibility and stamina. We offer all levels yoga classes to advanced yoga classes.

ZUMBA:

The latest dance fitness craze, using Latin & South American dances where the students will move in a creative, energetic and intensive fun workout.

TOTAL PHYSIQUE:

This class includes a workout to strengthen and lengthen every muscle group and increase muscle tone which combines Pilates, Ballet exercises and Calisthenics for a full body workout. By using a variety of equipment like hand weights, body bar and stability ball to improve muscle definition, balance, posture, and coordination. Learn how to take the time to pay extra attention to the health of your core with total body balance & stability.