

# February 2012 - Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1            Bootcamp 5:45am            Spinning 6:30am            Bootcamp 8:15am            Hoop It Up 10:15am            Advanced Bootcamp 12:15pm            Rock Climbing 5pm            Zumba 5:30pm</p>	<p>2            Bootcamp 5:45am            Yogalates 6:30am            Bootcamp 8:15am            Advanced Bootcamp 12:15pm            Step It Up 4:30pm            Zumba 6:45pm</p>	<p>3            Kickboxing 5:45am            Core Conditioning 6:30am            Hoop It Up 10:15am</p>
<p>6            Bootcamp 5:45a            Spinning 6:30am            Bootcamp 8:15am            Hoop It Up 10:15am            Advanced Bootcamp 12:15pm            Ball Bound 4:30pm            Zumba 5:30pm</p>	<p>7            Bootcamp 5:45am            Yogalates 6:30am            Bootcamp 8:15am            Advanced Bootcamp 12:15pm            Step It up 4:30pm            Zumba 6:45pm</p>	<p>8            Bootcamp 5:45am            Spinning 6:30am            Bootcamp 8:15am            Hoop It Up 10:15am            Advanced Bootcamp 12:15pm            Rock Climbing 5pm            Zumba 5:30pm</p>	<p>9            Bootcamp 5:45am            Yogalates 6:30am            Bootcamp 8:15am            Advanced Bootcamp 12:15pm            Step It Up 4:30pm            Zumba 6:45pm</p>	<p>10            Hoop It Up 10:15am</p>
<p>13            Bootcamp 5:45a            Spinning 6:45am            Bootcamp 8:15am            Hoop It Up 10:15am            Advanced Bootcamp 12:15pm            Ball Bound 4:30pm            Zumba 5:30pm            Core Conditioning 6:45pm            Yoga 7:00pm</p>	<p>14            Bootcamp 5:45am            Yogalates 6:30am            Bootcamp 8:15am            Advanced Bootcamp 12:15pm            Step It up 4:30pm            Zumba 6:45pm</p>	<p>15            Bootcamp 5:45am            Spinning 6:30am            Bootcamp 8:15am            Hoop It Up 10:15am            Advanced Bootcamp 12:15pm            Rock Climbing 5pm            Zumba 5:30pm            Core Conditioning 6:45pm            Yoga 7:00pm</p>	<p>16            Bootcamp 5:45am            Yogalates 6:30am            Bootcamp 8:15am            Advanced Bootcamp 12:15pm            Step It Up 4:30pm            Zumba 6:45pm</p>	<p>17            Kickboxing 5:45am            Core Conditioning 6:30am            Hoop It Up 10:15am</p>
<p>20            Bootcamp 5:45a            Spinning 6:45am            Bootcamp 8:15am            Hoop It Up 10:15am            Advanced Bootcamp 12:15pm            Ball Bound 4:30pm            Zumba 5:30pm            Core Conditioning 6:45pm            Yoga 7:00pm</p>	<p>21            Bootcamp 5:45am            Yogalates 6:30am            Bootcamp 8:15am            Advanced Bootcamp 12:15pm            Step It up 4:30pm            Zumba 6:45pm</p>	<p>22            Bootcamp 5:45am            Spinning 6:30am            Bootcamp 8:15am            Hoop It Up 10:15am            Advanced Bootcamp 12:15pm            Rock Climbing 5pm            Zumba 5:30pm            Core Conditioning 6:45pm            Yoga 7:00pm</p>	<p>23            Bootcamp 5:45am            Yogalates 6:30am            Bootcamp 8:15am            Advanced Bootcamp 12:15pm            Step It Up 4:30pm            Zumba 6:45pm</p>	<p>24            Kickboxing 5:45am            Core Conditioning 6:30am            Hoop It Up 10:15am</p>
<p>27            Bootcamp 5:45a            Spinning 6:45am            Bootcamp 8:15am            Hoop It Up 10:15am            Advanced Bootcamp 12:15pm            Ball Bound 4:30pm            Zumba 5:30pm            Core Conditioning 6:45pm            Yoga 7:00pm</p>	<p>28            Bootcamp 5:45am            Yogalates 6:30am            Bootcamp 8:15am            Advanced Bootcamp 12:15pm            Step It up 4:30pm            Zumba 6:45pm</p>	<p>29            Bootcamp 5:45am            Spinning 6:30am            Bootcamp 8:15am            Hoop It Up 10:15am            Advanced Bootcamp 12:15pm            Rock Climbing 5pm            Zumba 5:30pm            Core Conditioning 6:45pm            Yoga 7:00pm</p>		

**See Reverse Side for more Information.**

**Class Name: Description. - Instructor**

**ALL CLASSES ARE FREE WITH MEMBERSHIP!!!**

- Bootcamp:** Circuit style class incorporating interval, resistance and max cardio training. - Kevin Gerber
- Hoop It Up:** Senior fitness primarily done seated in a chair focusing on improving range of motion, and functional strength. - Barb Heinze
- Zumba:** Latin style upbeat dance class focusing on core and aerobics for toning and fun. - Kristin Francisco/Nichole Koerwitz
- Spinning:** Strength and endurance class which takes place on specialized stationary cycles; sure to make you sweat. - Kevin Gerber
- Karate:** Learn the basics of karate and develop your martial arts skills. - Kenny Boehlen
- Spin It to Win It:** Spinning class for all levels. Beginners welcome in the this exciting, heart pumping class. Deanna Skelton
- Step It Up:** Up tempo step class blended with some TaeBo for heart pumping fun. - Deanna Skelton
- Spinema:** Spin to a motivating movie and don't forget to follow the rules! Super fun and a huge calorie burn! - Any Staff
- Ball Bound:** Learn to harness your core and strengthen all around in the swiss ball based class. - Deanna Skelton
- Yoga:** Stretch and strengthen while energizing your entire day with yoga. - Shae Worley
- Kick Boxing:** Kick and punch your way with the beat to a fit body.—Shae Worley
- Yogalates:** A double shot of espresso with skim milk and a bendy straw.—Shae Worley