



**Group Fitness Schedule: September 2010**  
**Sept. 7 – Oct. 2**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am	Spinning (Barb)	Core Fusion (MT)	Spinning (Barb)	Core Fusion (MT)	Spinning (Barb)	Spinning (Barb/Copland)
	Cardio Combo (Trish)	Pilates Group Reformer* (Barb)	Cardio Circuit Training (Copland)	Pilates Group Reformer* (Barb)	Cardio Combo (Trish)	Fat Burner (Various)
9:00 am		<i>CARDIO TENNIS</i>		<i>CARDIO TENNIS</i>		
9:45 am	Definitions (Barb)		Having a Ball (Barb)		Definitions (Barb)	
10:00 am		Yoga (Dar)		Gentle Yoga (Dar)		Yoga (Dar)
5:30 pm	Cardio Combo (MT)	Yoga (Dar)	Fat Burner (Barb)	Power Yoga (Dar)		

Standard Classes	Members Rates	Non-Member Rates	<u>Hours of Operation</u>	
Single Class	\$ 7.00	\$ 10.00	Monday – Thursday	5 am – 9 pm
10 Punch	\$ 65.00	\$ 89.00	Friday	5 am – 8 pm
One Month Limited	\$ 78.00	\$107.00	Saturday	7 am – 6 pm
Three Month Limited	\$178.00	\$219.00	Sunday	7am – 5 pm
Non-Standard Classes	Members Rates	Non-Member Rates	611 Woodview Dr. Harbor Springs, MI 49740 231-487-1713	
Yoga / TRX 8-Class Punch Card	\$ 76.00	\$ 88.00		
Yoga / TRX Single Class	\$ 9.50	\$ 12.50		
Cardio Tennis	\$ 12.00	\$ 16.00		

Standard Fitness Classes = Fitness Class not priced separately under Descriptions Page.



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### Standard Fitness Classes Descriptions:

**Cardio Circuit Training:** This is a great class that features cardio, resistance, and plyometric training all mixed in one class. It is very efficient and a good calorie burning, all purpose workout. (1 hour class)

**Cardio Combo:** One hour class includes 35-45 min. of cardiovascular conditioning with high fat burn results. Variety of energetic low-impact or step, and/or cardio circuits. Body toning and cool-down to finish. You won't be bored! (1 hour class)

**Core Fusion:** A well rounded group program designed to improve core strength, balance and flexibility. Various techniques including Pilates, Yoga and strength. Condition your body's "Powerhouse" with this excellent and balanced workout (45 min. class; Extended Version 70 min.)

**Definitions:** Challenge yourself beyond traditional strength training with this total body functional training class. We'll challenge your muscular strength and endurance as well as balance coordination by moving through all planes of movement with multi-joint and compound exercises (1 hour class)

**Fat Burner:** Just like it says! 45-55 min. of cardiovascular work, plus muscle toning and a cool down stretch. Lots of sweat and a great cardio workout. (75 min. class)

**Havin' A Ball:** Possibly the best single piece of equipment for overall muscular conditioning, use of the Body Ball is the focus of this program. Give this class a try and you will soon find that the Body Ball is not an oversized beach ball. (50 min. class)

**Spinning:** It's all about the bike Baby! Armstrong, Lemond, Indurian and YOU. Jump on and spin those pedals like never before. RIDE AT YOUR OWN PACE! Enjoy the music, camaraderie & spandex. All ability levels can participate in this outstanding cardiovascular workout. (1 hour class)

### Non-Standard Fitness Classes Descriptions:

**Cardio Tennis:** Heart Pumping Fitness! No tennis experience required—it's all about the workout with the Pro! It's a great alternative to spinning or aerobics. High energy workout includes warm-up and cool down. Cardio workout includes hitting balls, footwork, and jamming to the music. Advance Sign up is required and there is a 4 person minimum, so sign up with a friend and have some fun. *\$12 Members & Punch Card Holders* *\$16 Nonmembers*

**Gentle Yoga:** A gentle yoga class—perfect for seniors or those who wish to move at a slower pace. This class focuses on joint mobility, stretching, and relaxation. (1 ½ hour class) *\$9.50 Member* *\$12.50 Nonmember*

**Pilates Group Reformer:** This is a challenging way to workout on the uniquely designed STOTT equipment, which supports your body as you work through full range-of-motion exercises, developing slender muscles rather than bulk. A private session and/or at least one basic reformer class is a prerequisite. This class is limited to four students per class. (1 hour class) *Walk-in Rate \$22* *6 Sessions \$120* *12 Sessions \$216*

**Power Yoga:** A traditional series of dynamic postures linked with breath to build heat, gain strength, release toxins and add flexibility. This class is Ashtanga made modern with a melding of postures. Modifications are offered for more difficult poses. Good music and good energy. "1% is theory and 99% is practice." - K. Pattabhi Jois (1 ½ hour class) *\$9.50 Member* *\$12.50 Nonmember*

**Yoga:** An all levels vinyasa-based class designed to stretch, tone and invigorate the whole body. This class is open to all levels of ability and mix vinyasa (breath movement system) with elements and postures from many yoga traditions to develop flexibility, health and calm the mind. (1 ½ hour class) *\$9.50 Member* *\$12.50 Nonmember*