



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		R.I.P. (Laurie/Lisa)		R.I.P. (Laurie/Lisa)		
8:00am						TRX Workout (Josh)
8:30 am	Spinning	Cardio Circuit Training (Lisa)	Spinning	Pilates Power (Lisa)	Spinning	Spinning
9:45 am		Strength on the Ball (Laurie)		Strength on the Ball (Laurie)		
10:00 am			Slow Flow Yoga (Dar)		Slow Flow Yoga (Dar)	

<u>Standard Classes</u>	<u>Members Rates</u>	<u>Non-Member Rates</u>	<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
<u>Non-Standard Classes</u>	<u>Members Rates</u>	<u>Non-Member Rates</u>	317 E. Mitchell St. Petoskey, MI 49770 231-348-6939	
Yoga / TRX 8-Class Punch Card	\$ 76.00	\$ 88.00		
Yoga / TRX Single Class	\$ 9.50	\$ 12.50		

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)

Pilates Power: A dynamic Pilates matwork class performed at a quick pace, designed to stretch and strengthen the entire body. This challenging core class will rotate through various exercises using small props such as stability balls, flex bands, magic circles, foam rollers, and light weights. Leave class feeling strong and refreshed! (1 hour class)

R.I.P.: This is no joke—you want your butt kicked, this is your class! This workout will keep your body constantly challenged with long bursts of high intensity exercise and short rest periods. Get pushed to your physical limits with aerobic and anaerobic exercises including extreme cardio, plyometrics, strength-training, and power moves. Burn up to 1,000 calories in 60 sweat-inducing minutes.

Spinning: It's all about the bike Baby! Armstrong, Lemond, Induian 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)

Strength on the Ball: This class features low-impact strength training with most movements taking place on a stability ball. Great strength workout for the entire body, especially the core. (1 hour class)

Non-Standard Fitness Classes Descriptions:

TRX Workout: TRX® Suspension Training® harnesses your own bodyweight to create resistance as you train. That's all you need - the TRX and your own body. No additional weights required. Suspension Training builds core strength with every exercise by creating an element of instability that calls on your core to provide balance and coordination. This class will work every muscle in your body very efficiently! You have to try this to believe it and feel the results! Limited to 6 so sign up early. (1 hour class) *\$9.50 Member* *\$12.50 Nonmember*

Slow Flow Yoga: A vinyasa style yoga class where movements are linked with breath. (1 ½ hour class) *\$9.50 Member* *\$12.50 Nonmember*