

MARCH 2010 GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
W E E K D A Y S C H E D U L E	YOGA Marietta 8:15 am – 9:15 am		YOGA Marietta 8:15 am – 9:15 am		YOGA Marietta 8:15 am – 9:15 am	W E E K E N D S C H E D U L E	YOGA Marietta 7:15 am – 8:15 am
							LES MILLS BODYPUMP Ron 8:30 am – 9:25 am
	ZUMBA Jen 5:30 pm – 6:25 pm	LES MILLS BODYPUMP Lisa 5:00 pm – 5:55 pm	ZUMBA Judy 5:30 pm – 6:25 pm	LES MILLS BODYFLOW Jennifer 5:30 pm – 6:25 pm			ZUMBA Brenda 9:30 am – 10:30 am
	LES MILLS BODYPUMP Kaytee 6:30 pm – 7:30 pm	LES MILLS BODYFLOW Lisa 6:00 pm – 6:55 pm	LES MILLS BODYPUMP Kelly 6:30 pm – 7:30 pm	LES MILLS BODYPUMP Kaytee 6:30 pm – 7:30 pm			LES MILLS BODYFLOW Emily 10:35 am – 11:35 am
		YOGA Marietta 7:15 pm – 8:30 pm		YOGA Marietta 7:35 pm – 8:35 pm			

GETTING TO KNOW YOUR CLASSES



BODYFLOW is the Yoga, Tai Chi, Pilates class that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



BODYPUMP is a high energy REAL weightlifting class. It is the original barbell class. By using a barbell and multiple size weight plates, you will work all major muscle groups. The music is highly motivating and energizing. You will achieve real results, real fast!



ZUMBA fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.



YOGA exercise is a safe and low impact way to increase flexibility, increase blood flow, and tone muscles with a full body benefit to all major joints.

*Please be respectful of the class ahead of you. While it is great that you arrive early, please do not disturb any classes that may be finishing.

Arrive at class at least 5 minutes before the start to get set up and to familiarize yourself with the format. Please make sure to bring a towel and water bottle with you.

If you are participating in BODYPUMP or BODYFLOW please be sure to wear proper athletic shoes that will allow you to move with ease and comfort.

A dance/fitness or court shoe with little or no traction is recommended for ZUMBA.



Hours of Operation: Monday - Friday: 5am - 9pm Saturday: 7am - 4pm Sunday: 7am - 2pm