

*Updated 9/23/09

Poly Fitness

Classes run Aug. 24 - Dec. 8

Fall 2009

Monday	Tuesday	Wednesday	Thursday
<u>6:10-7:10am</u> Xtra Strength <i>Jen</i>	<u>6:10-7:10am</u> Cardioboxing <i>Melissa</i>	<u>6:10-7:10am</u> Cycle <i>Jen</i>	<u>6:10-7:10am</u> Body Sculpting <i>Melissa</i>
<u>12:10-1:00pm</u> Body Sculpting <i>Lynne</i>	<u>10:30-11:30am</u> Pilates <i>Heidi</i>	<u>12:10-1:10pm</u> Yoga <i>Christina</i>	<u>10:30-11:30am</u> Pilates <i>Heidi</i>
<u>5:15-6:15pm</u> Cardio Fusion <i>Lauren</i>	<u>5:15-6:15pm</u> Zumba <i>Allison</i>	<u>5:15-6:15pm</u> Body Sculpting <i>Lauren</i>	<u>12:10-1:00pm</u> Cardio Fusion <i>Lynne</i>
			<u>5:15-6:15pm</u> Yoga <i>Stephanie</i>
			<u>6:20-6:40pm</u> ABS <i>Stephanie</i>

ABS: Sculpt the muscles of your abs and back during this intense 20 minute workout!

Body Sculpting: Tone each muscle group using a variety of equipment.

Cardio Fusion: Mix up your cardio with a little muscle. This class will pump up your heart rate and keep you on your toes by varying your cardio and weights workout.

Cycle: Enjoy this intense cardio workout while spinning at your own fitness level. This class is great for beginners to advanced (stationary bikes).

Pilates: Take your core workout to the next level. Develop and maintain a strong core by emphasizing strength, flexibility, and postural alignment.

Yoga : A challenging, physical but introspective class. Examining the fitness aspects of yoga by building strength, stamina, flexibility, and balance.

Zumba: Put a new flavor on your workout. This high energy class mixes salsa, meringue, cumbia, reggaeton, and hip hop. Come join the party!

- *Schedule is subject to change
- *Proper attire must be worn at all times.
- *Each class must have at least two (2) participants to make.

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