












GROUP EXERCISE CLASSES

EFFECTIVE 04/7/06

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 8:15-9:15am Pilates Reformer* Robyn	 6:00-6:45 a.m. Phase I Spin Robyn	 8:15-9:15am Pilates Reformer* Robyn	 6:00-7:00 a.m. Body Pump Robyn		
 9:30-10:30 a.m. Spin Intro/Phase I Rebecca	 9:30-10:30 a.m. Body Pump® Robyn	Yoga 9:30-10:30 a.m. Yoga Stretch Rebecca	 9:30-10:30 a.m. Spin Intro/Phase I Rebecca	 9:30-10:30 a.m. Body Pump Karen	CARDIO KICKBOX 11am-12pm Cardio Kickbox Robin Reilly	 10:00-11:00 a.m. Body Pump® Shelly
 5:30-6:30 p.m. Body Pump Karen						
Yoga 6:30-7:30 p.m. Yoga Stretch Rebecca	CARDIO KICKBOX 6:00-7:00 Cardio Kickbox Robin Reilly	 6:00-7:00 p.m. Phase 1 Michelle			* PRIVATE CLASS	ALL CLASSES ARE SUBJECT TO CHANGE.

HOW ARE WE DOING? FOR FUTURE SCHEDULING NEEDS, WE NEED YOUR FEEDBACK!
 PLEASE INDICATE BELOW WHAT CLASS TYPE AND TIME YOU WOULD LIKE TO BE ADDED TO OUR SCHEDULE.

SPINNING

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday
- 6:15 A.M.
- 12 P.M.
- 5:30 P.M.
- 6:30 P.M.
- Other _____

BOOTCAMP

(CIRCLE PREFERENCE, IF NECESSARY)

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday
- 6:15 A.M.
- 12 P.M.
- 5:30 P.M.
- 6:30 P.M.
- Other _____

BODY PUMP®

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday
- 6:15 A.M.
- 12 P.M.
- 5:30 P.M.
- 6:30 P.M.
- Other _____

OTHER _____

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday
- 6:15 A.M.
- 12 P.M.
- 5:30 P.M.
- 6:30 P.M.
- Other _____

Would you like to comment on our current instructors and/or classes? Thank you!

PLEASE RETURN TO CAROL TAYLOR WHEN COMPLETE! THANKS!

ALL CLASSES INCLUDE A WARM-UP, COOL-DOWN AND STRETCH SESSION.



BODY PUMP®

It's a 60-minute, body shaping, group strength training program that works every major muscle group. Reduce body fat; improve muscular conditioning, and reshape your body in ways you wouldn't get from any other exercise program.

Yoga

YOGA STRETCH

Increase your strength and flexibility with yoga-based stretches. Designed for all fitness levels! Great for energizing the mind and body.

SPINNING



SPINNING

It's a group cycling workout, including instruction and music! It's intense...standing, sitting, hills, springs and jumps! A challenge for the body—a ride for the mind! Check out the fitness desk...Pre-registration may be required.

SPIN INTRO

It's approximately a 35-minute workout which is mainly focused on proper bike set up, conditioning and introducing techniques and moves.

PHASE I

A 40-minute spinning workout which can be performed by those who have taken several intro classes and are ready for advanced spinning moves. Phase I is about building a fitness base and progressing as a group.

ABS &
 STRETCH

ABS & STRETCH

30 minutes of non-stop abdominal work, followed by a stretch. Learn the proper way to work your abs and strengthen your stabilizing muscle in your lower back.



PILATES

Pilates is a system of controlled exercises that engage the mind and condition the total body. This class uses the Pilates Reformers. Unlike traditional mat pilates, reformers enable you to complete the exercises with more assistance and better results. There is an extra fee for the reformer classes.

CARDIO
 KICKBOX

CARDIO KICKBOX

In just 60 minutes you can strengthen your core, increase your flexibility and improve your cardio health. The first 5 minutes will warm you up review technique. You will then enjoy 25-30 minutes of cardio and 15-20minutes of core strengthening and stretching.



For more information, please contact Carol Taylor at (814) 866-5425 ext. 245.
 (814) 866-5425 or call toll free at 1-888-8GO-PARK.

www.familyfirstsportspark.com