



GROUP FITNESS

SCHEDULE

SEPTEMBER 2010

DOWNTOWN

Hours of operation:
 Mon-Thu
 5:30 am – 10 pm
 Friday
 5:30 am – 8 pm
 Sat & Sun
 7 am – 7 pm

69 Wentworth Street, Charleston, SC 29401

(843)-723-4995

www.ecofitnessgym.com

Please note that the class schedule is subject to change without notice.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|--------|--|---|
| | **9am BRICK 2! <i>David see reverse for details</i> | | 8:30am Bodycology <i>Elli</i> | | | |
| 12pm Body Challenge <i>Dianne</i> | | 12pm Cardio Sculpt <i>Bonnie</i> | | | 10:15am Boot Camp **David | |
| | | | **3:30pm "300" <i>David</i> | | | |
| 5:30pm Cardio, Core & More <i>Lois</i> | 5pm Bodycology <i>Elli</i> | 5:30pm Tae-Bo® <i>Kelli</i> | 5:30pm PIYO <i>Olga</i> | | | |
| 6:30pm Hip Hop <i>Megan</i> | 6pm "300" <i>David</i> | | | | | *Denotes a new class and/or change** |

Group Fitness

CLASS DESCRIPTIONS

“300”

A high energy total body workout class. All muscle groups are explored in this unique, constant functional movement class with cardio components. Class consists of 10 rounds of fun in increments of 30 reps per round. Incorporates squats, pushups, and core that will tone and strengthen muscles. Instructed to adjust for all fitness levels.

Boot Camp

You know the drill...anything goes in boot camp. Reap the benefits of this ultimate calorie burning workout through challenging combinations of cardiovascular drills & resistance training using steps, weights, barbells, calisthenics and more!!

Bodycology

In this cutting edge class you will box, kick, jump, lift, lengthen, breathe, and balance with the newest moves. Sweat and empower yourself using pilates, yoga, martial arts, weights, and stability ball. Designed to incorporate all aspects of fitness and wellness, nutritional tips are given during each class to provide you with the information and the workout you need to live a healthy and balanced lifestyle. please bring a mat, all levels welcome.

Body Sculpt/Challenge

A classic TOTAL BODY workout that tones and strengthens the entire body and is as popular now as it ever was. High intensity intervals of cardio and strength training for all fitness levels. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting session. Using multi-compound movements with weights, the body bar and a step, this class will help define your body from head to toe. Great music, great energy, great results....Be ready to take your body to the next level!!

BRICK 2! ~ Come join Pro Ultra Runner David Cross for the best of both worlds workout – running and cycling. The popular Mt Please class is now downtown so get ready for high energy and fun! Class will start out in the Spinning studio where you will progress into your cardio zone. After a ½ hour of riding you will go into the group fitness studio for moderate running, plyometrics and sprints. All participants welcome; there's something for everyone! Bring cycling shoes *and* running shoes.

Cardio, Core & More

This high energy combo class integrates powerful step with intense strength training. An awesome workout with fun music & energetic choreography. This class is designed to strengthen and develop muscles, to move like we do in everyday life, not just at the gym.

Cardio Sculpt

Combine athletic and/or dance based aerobic moves using an adjustable platform for a targeted cardio workout. This fusion class focuses on keeping the heart rate elevated and toning muscles using weights and body bars. Enjoy nonstop body sculpting accompanied by heart pumping cardio.

Hip Hop

An aerobic experience like no other. Routines are a blend of high energy dance and choreography, inspired from urban, hip-hop and popular dance. It evolves around a dynamic series of original dance routines fused with expressive and professional performance choreography. Routines are basic enough for beginners yet challenging enough for the pros.

PIYO

A unique core strength class that combines Pilates and Yoga poses and techniques to target a strong healthy core. Specifically designed to strengthen your abdominal and back muscles while at the same time provide flexibility for the hamstrings to create a healthy core and improved posture for your overall health and wellbeing.

Tae-Bo

A fast paced, high energy, cardiovascular conditioning class. This well known program combines self-awareness and control of martial arts, the focus and strength of boxing and the grace and rhythm of dance. Class moves quickly through punches, kicks and combinations to rev your heart and work your muscles.