



SEPTEMBER 2010

GROUP FITNESS SCHEDULE-MP

HOURS OF OPERATION
 MON-THURS. 5AM-10PM
 FRIDAY 5AM-8PM
 SAT. & SUN. 7AM-7PM
 PHONE: (843)972-1762

Please note that the class schedule is subject to change without notice.
 All classes are 55 minutes unless noted otherwise.
 627 Johnnie Dodds Blvd. Mt. Pleasant S.C. 29464

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN.
6:00am Extreme Body Blast Sidney	8:10am Abs&Stretch Pam	8:10am Abs&Back Pam	6:00am Pilates Mat Katrinka	6:00am Cardio Sculpt Jim		
*8:10am Abs&Stretch Sharon	8:30am Step&Sculpt Pam	8:30am Cardio Mix/Tone Pam	*8:30am <u>Kick Box Combat Gina</u>	8:10am Ab Attack Dianne	<u>9:00am 9/4 Sidney Step & Sculpt</u>	
*8:30am Body Sculpt Sharon	9:30am Pilates Mat Melody	9:30am Body Challenge Dianne	*9:30am Body Sculpt Linda-Marie	8:30am Body Challenge Dianne	<u>9/11-Olga Boot Camp</u>	
9:30am Diesel Condition Lois	12:00pm Cardio Sculpt Gina		10:45am Core Sculpt Anne	*9:30am Cardio Step Gina	<u>9/18- Gina Step & Sculpt</u>	
10:45am Core Sculpt Anne			12:00pm Cardio Sculpt Lois	11:00am Seniors Pam	<u>9/25-Elli Body Cology</u>	<u>*9:30am Pilates Mat Katrinka</u>
12:00pm Pilates Mat Renee	*4:30pm <u>Barre Body Class..\$15 Dianne</u> Create long firm thighs, flat abs, lifted seat and toned arms.	12:00pm Pilates Mat Renee	*4:30pm <u>Barre Body Class..\$15 Dianne</u> Create long firm thighs, flat abs, lifted seat and toned arms.			
3:00pm Seniors Pam		3:00pm Seniors Pam				
4:30pm Body Challenge Pam		4:30pm Body Sculpt Pam	5:30pm Tae Bo James	4:30pm Muscle Max Jennifer		
5:30pm Muscle Max Jennifer	5:30pm Body Challenge Dianne	5:30pm Zumba Maria				
6:30pm Cardio Sculpt Jim	6:30pm PIYO Jim	6:30pm Extreme Body Blast Sidney	*reserve your space at front desk or phone 972-1760.			

Conditioning/ Interval/Strength Class descriptions

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.

Exercises that transition from one muscle group to the next, training both muscular strength and endurance.

Using multi compound movements with weights, the body bar, and a step, this class will help you define your body from head to toe. Great music, great energy, great results...

Muscle Max

This total body weight workout will push your muscles to the max!

You will utilize various weights and modalities, including Dumbbells and body bar, as well as your own body's resistance

In classics like walking lunges, push-ups, dips and crunches.

You want more muscle? This is your class!

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!!

*Core Sculpt

This class will tone your entire body while using the Bosu and the ball. You will burn fat, sculpt muscles while improving posture and strengthening the lower back.

Diesel/Sports Conditioning

Calorie-burning cardio...simple, fast and fun. Be ready for intervals that may include kickboxing, plyometrics, jump rope, athletic drills and more. Easy to modify so it's challenging to all levels. Elevate your heart rate and sweat yourself into that fit body.

Pilates Mat

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & agility.

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 well-being.

Body Cology

In this cutting edge class you will box, kick, jump, breathe and balance. Sweat and empower yourself using pilates, yoga, martial arts, weights and stability ball. All levels welcome.

Cardio Class Descriptions

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 non-stop body sculpting accompanied by heart pumping cardio.

Extreme Cardio Blast and Sculpt

Are you ready for a tough, sweat wrenching workout? If so, this is the class for you! Combines the ideal blend of sculpting and cardio drills using body weight exercises, calisthenics and weights. Instructed to adjust for all fitness levels.

Step and Strength/Sculpt

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.

Half & Half

A two-in-one special! Combine two classics -30 minutes of step and 30 minutes of body sculpting - for a well rounded cardio and strength training hour.

Tae Bo

A fast paced, high energy, cardiovascular conditioning class. This well-known program combines the 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.

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. It is an energetic aerobic workout and an absolute blast!