



## GROUP EXERCISE SCHEDULE- February 2012

	MON.	TUES.	WED.	THURS.	FRI.	SAT.
8:00 am						(8:30am) Indoor Cycling Barry
9:00 am	Boot Camp Barry	Indoor Cycling Barry	Chi Kung** Allen	Indoor Cycling Barry	Power Yoga Barry	
9:30 am						Pump Dwayne  Yoga Flow** Lilly
10:00 am		Bilt Fit Strength Barry		Bilt Fit Strength Barry		
3:45 pm		Athletic Conditioning Chris		Athletic Conditioning Chris		
5:15 pm	Indoor Cycling Barry		Indoor Cycling Barry			
5:30 pm		Boot Camp Barry		Boot Camp Barry	Boot Camp Chris Y.	
6:00 pm	Pump Dwayne		Pump Dwayne			
6:30 pm		Yoga Flow** Lilly/Shannon		Yoga Flow** Lilly/Shannon		

*\*\*These classes are held in our group exercise space upstairs.*

***Be on the lookout for new classes to be added later this month!***

## SMALL GROUP PERSONAL TRAINING SCHEDULE- November 2011

	MON.	TUES.	WED.	THURS.	FRI.	SAT.
7:15 am		Kinesis Stacey/William		Kinesis Stacey/William		
9:30 am						Bilt Fit Cardio Barry (@ Carrier Park)
11:15am					Kinesis Stacey/William	
1:00 pm			Kinesis Stacey/William			
5:30 pm						
6:00 pm	Bilt Fit Cardio Barry		Bilt Fit Cardio Barry			

## **GROUP CLASS DESCRIPTIONS:**

**ATHLETIC CONDITIONING:** *this class utilizes unique athletic drills and exercises designed to improve your balance, reaction time, quickness, speed, and strength. It's the perfect supplement for the avid athlete or anyone looking for a fun new way to get fit.*

**PUMP:** *Full body strength & conditioning program in a group fitness setting. This program will improve muscular endurance, stamina and overall strength to increase metabolism. The benefits are increased strength and energy to perform your daily activities and extracurricular activities.*

**BOOT CAMP:** *This 75 min. class is a fusion of cardiovascular interval routines and strength training using free weights, body weight and other equipment. Floor work will focus on specific muscle groups & burn unwanted body fat to build long, lean and strong muscle fibers. All levels of fitness are encouraged to attend and experience training at one's peak.*

**INDOOR CYCLING:** *Excellent cardio workout while building core, leg and back strength. Aerobic and anaerobic intervals help participants increase metabolism and decreasing body fat. Classes are 45 min.*

**CHI KUNG:** *Chinese exercise system that cultivates the dynamic life force that flows continually through the body and is known as the precursor of Chinese martial arts. It opens the meridians (energy pathways) through graceful movement, conscious breathing and self-massage while improving the way you feel for the rest of the day.*

**YOGA FLOW:** *For beginners or experienced students; perfect for cross training. This class begins with centering, evolves into deep stretches that open the joints and lengthen the muscles and then moves into a series of flowing standing postures to increase the heart rate and build strength and endurance. Students will not be admitted once the door is closed and class has begun.*

**ROLL & STRETCH:** *This 45 min. class will begin with foam rolling to release chronically tight muscles; this will be followed by total body stretching. Participants will learn how to incorporate these techniques into their current workout for a more balanced fitness routine. \*This class is led by a certified personal trainer.*

**NUTRITION 101:** *This class will help you to gain the knowledge you need to make informed eating choices in any situation, help you to reduce stress and increase energy,, understand and eliminate cravings, overcome sugar addiction, maximize your workouts by choosing the right foods at the right time, streamline the cooking process with easy recipes that last all week, and learn how to save money at the grocery store, without sacrificing good health. \*This class is led by a certified personal trainer*

## **SMALL GROUP PERSONAL TRAINING:**

- **THESE CLASSES ARE LED BY A CERTIFIED PERSONAL TRAINER**
- **YOU MUST SIGN UP IN ADVANCE; FIRST CLASS IS FREE**
- **Drop-in: \$15; 6 class series: \$80; 12 class series: \$150; non-member pricing available**

**KINESIS WALL TRAINING:** *Designed to optimize the body's quality of movement. This workout will help to improve balance, stability & core strength while optimizing time spent in the gym.*

**BILT FIT CARDIO CLUB:** *Small group cardio training for walkers, joggers & runners. Program activities enhance cardio-respiratory endurance for runners of all levels. Training includes an educational component that includes running form, sports nutrition, flexibility, and cross-training systems that are designed to keep the body safe, healthy & informed for many miles to come.*

**Gym Hours: M-F 5am- 10pm; Sat. 7am- 7pm; Sun. 9am- 7 pm**

**Childcare Hours: M-F 9:00- 11:30am & 5:30—7:30 pm**