

the DFC

Fall 2010 GROUP EXERCISE SCHEDULE

for classes from Sept. 7 through October 17, 2010

Club Hours: Monday through Friday 5:30am until 10:00pm

Saturday and Sunday 8:30am until 5:00pm

www.downtownfitnessclub.com

EFFECTIVE September 7, 2010 through October 17, 2010		
Monday		
C9:00 AM	T'ai Chi	John Wagner
11:30 AM	Turbokick (30 min)	Jodi
12 noon	AB LAB (15 min)	Jodi
12:15 PM	Boot Camp (45 min)	Jodi
4:45 PM	Step (45 min)	Tara
5:30 PM	Yoga Flow (75 min)	Tom S
A5:30PM	Pilates	Cathleen
5:30 PM	Aqua Fit	Brian
5:30 PM	Lean Mean Sexy Machines (45 min)	Heidi
6:15 PM	Turbokick	Heidi
7:00 PM	Zumba	Alison
Tuesday		
6:00 AM	Kettlebell Boot Camp	John H
12 noon	Total Body Blitz	Kim
5:30 PM	Turbopump	Rick
5:30 PM	PiYo	Heidi
6:30 PM	Group Cycling (45 min)	Heidi
6:30 PM	Bells and Balls	John H
Wednesday		
6:00 AM (begin 9/22)	Group Cycling	Leslie
12:00 PM	Yoga Express (45 min)	Tom S
12:05 PM	Zumba (45 min)	Andrea
4:45 PM	Step (45 min)	Tara
5:30 PM	Yoga Flow (75 min)	Tom S
5:30 PM	Lean Mean Sexy Machines (45 min)	Heidi
6:15 PM	Turbokick	Heidi
Thursday		
6:00 AM	Kettlebell Boot Camp	John H
12 noon	Total Body Blitz	Kim
5:30 PM	Turbopump	Rick
5:30 PM	Intro to Hoop Dance	Jen M
6:30 PM	Zumba	Nene
Friday		
11:30 AM	Turbokick (30 min)	Jodi
12 noon	AB LAB	Jodi
12:15 PM	Boot Camp (45 min)	Jodi
5:30 PM	Zumba	Alison
Saturday		
9:00 AM	Bells and Balls	John H
10:00 AM	Z-box	Nene
11:00 AM	Group Cycling (30 min)	John H & friends
12 noon	Yoga Flow (75 min)	Tom S
Sunday		
10:00 AM	Group Cycling	Andrea

UNLESS OTHERWISE NOTED, ALL CLASSES ARE 60 MINUTES IN LENGTH

A Pilates THIS CLASS WILL BE TAUGHT ON THE 4TH FLOOR IN GARTH FAGAN'S NEW DANCE STUDIO

C T'ai Chi with John Wagner T'ai Chi, a martial art that improves balance, reduces stress, increases body awareness and offers increased energy, is offered Monday mornings at 9:00am. The cost of this class is \$5 per class and may be paid at the desk prior to attending class.

Ab Lab- 15 minutes of intense exercise that focused on the abdominal region as only Jodi can deliver. Sick.

Aqua Fit- A fun and enthusiastic style of class taught in the pool, using floatation belts in deep water, working your entire upper body, legs and especially core in a non-impact, cardio and sculpting class that now includes a shallow water segment for additional work.

Bells & Balls- A 45 minute class utilizing 12 pound kettlebells and 4 pound medicine balls for an intense body sculpting that will add an entirely different and exciting dimension to your training and physique.

Boot Camp- Boot Camp combines weight training with cardio intervals along with calisthenics, agility and plyometric drills, designed to help build endurance and strength, increase muscle tone, burn bodyfat and challenge you to push your limits to reach your fitness goals. This class is for all levels of fitness with modifications.

Buns, Guns and Abs- 45 minutes of exercises and movements dedicated exclusively to toning your arms, butt and abs. EFFECTIVE!

Capoeira- Capoeira is an Afro-Brazilian Martial Art, rooted in the African slave culture. Created during the Portuguese colonization of Brazil, this fighting style features attacks and defenses hidden within dance-like movements. Capoeira practitioners notice improved flexibility, balance, strength and coordination through regular practice.

Cardiokickboxing- Kicks, punches and elbow strikes combined with jump rope intervals and some weighted movements makes for a great fat burning class. Abs included.

Group Cycling- an entire class done on the bike! Johnny G spin bikes are used for an invigorating group ride through mental hills, flats, sprints and more. Great soundtracks are to be expected in this format. Burn up to 900 calories an hour! Cycling has returned to the DFC!

Intro to Hoop Dance- you will learn the core moves of hoop dance that will allow you to build a solid foundation to dance from. You will strengthen and open your body, and discover yourself in the hoop. You'll learn beautiful moves, build your skills, and start learning how to actually dance with the hoop! All the while, you'll be toning your abs, back, arms, hips, buns and legs, strengthening and opening your upper back and chest, increasing balance and getting a cardio workout!

Lean Mean Sexy Machines- the premise of this class is to use weights and intervals of anaerobic drills blended in with the main focus being building muscle AND burning fat, thus turning bodies into Lean, Mean, Sexy Machines!

Pilates-A method of lengthening and strengthening the body using the core muscles of the abdominals and back. Great for toning without adding bulk.

PiYo - PiYo™ is all about strength training and core conditioning for people who want to sweat their way to sculpted abdominals, increased core strength and greater stability!! It's the perfect fusion equaling strength building, rhythmic movement and power with a foundation in Pilates and yoga that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced, either way, you'll get results

Step- A traditional step class for those you like to kick it 'old school'.

T'ai Chi-This class is a martial art "form" that "loosens" the body by releasing stress and developing positive Chi (internal energy) while focusing on body mechanics that will improve movement and posture in daily life and sport. \$5 per class, pay before class at the front desk.

Total Body Blitz- A total body workout that will have your muscles sculpted and tone. This class gives new meaning to light weight/high reps as you push through fatigue to reshape your body. Use exercubes, body bars as well as a variety of resistance tools in this fun and challenging class.

Turbokick™-It's kickboxing, but so much more! You'll kick, punch and groove the calories away in this action-packed, super fun, super SAFE and EFFECTIVE workout.

Turbopump-This class uses barbells and dumbbells to train all the major muscle groups with a great soundtrack using one song for each bodypart with breaks to adjust weights. Recommended if you are bored with weight training.

Yoga- A traditional yoga practice that blends strength and flexibility in a class that thoroughly tones the body and disciplines the mind.

Yoga Express-Tom S. took his Yoga class, along with some Pilates to further challenge the core muscles, and boiled it down to a manageable 45 minute class suitable for all abilities. Great lunchtime stress reliever

Z-Box- A combination of cardio boxing and dance-style fitness moves with a Latin flair. "Z" stands for Zen. Tai Chi moves are incorporated to help relax your body for the rest of the day.

Zumba-This exhilarating Latin-inspired dance fitness workout requires no prior dance experience. All ages, genders, shapes and sizes can benefit from this high-energy workout party! It's a great cardio workout with bonus opportunities to learn some salsa, calypso, reggaeton, hip hop and more!