



Group Fitness Schedule

411 Waverley Oaks Rd., Waltham, MA 02452

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WEEKDAY CLASS SCHEDULE					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m.	Group Cycle <i>Joanie</i> 1	Serious Sculpt <i>Dimitra</i> 1	Group Cycle <i>Joanie</i> 3	Body Sculpt <i>Juliet</i> 1	Group Cycle <i>Kim</i> 3
8:30 a.m.	Fit for All <i>Teri</i> 1	Vinyasa Yoga <i>Dina</i> 1	Cardio Remix <i>Roz</i> 1	Zumba® <i>Cheryl</i> 1	Fit for All <i>Teri</i> 1
9:30 a.m.	Pilates Mat <i>Sue</i> 1	Cardio Muscle <i>Teri</i> 1	Serious Sculpt <i>Roz</i> 1	Pilates Mat <i>Steven</i> 1	Kick & Pump <i>Dimitra</i> 1
4:30 p.m.		BalleFit <i>Ellen</i> 1	Body Sculpt <i>Sue</i> 1	Pilates Mat <i>Sue</i> 1	
5:00 p.m.					Express Muscle <i>Nancy</i> 1
5:30 p.m.	Sculpt-ilates Express <i>Jana</i> 1	Barbell Workout <i>Sue</i> 1	Pure Step <i>Sue</i> 1	Kick-Box <i>Nancy</i> 1	Power Step <i>Nancy</i> 1
5:30 p.m.	Group Cycle <i>Ken</i> 3		Group Cycle <i>Nancy</i> 3		
6:00 p.m.	Dance Jam <i>Jana</i> 1				
6:30 p.m.		Kick Camp <i>Jana</i> 1	Hot Power Yoga + <i>Jessica</i> 1	Barbell Workout <i>Jana</i> 1	Vinyasa Yoga <i>Dina</i> 1
6:30 p.m.		Group Cycle <i>Joanie</i> 3		Group Cycle <i>Ken</i> 3	
7:00 p.m.	Express Muscle <i>Jana</i> 1				
7:30 p.m.	Gentle Yoga <i>Jacqui</i> 1	Kundalini Yoga (60) <i>Patti</i> 1		Gentle Yoga <i>Deb</i> 1	

WEEKEND CLASS SCHEDULE		
Time	Saturday	Sunday
7:30 a.m.	Kundalini Yoga <i>Guruatma</i> 1	
8:00 a.m.		Power Yoga <i>Jessica</i> 1
8:30 a.m.		Group Cycle <i>Nancy</i> 3
9:00 a.m.	Group Cycle <i>Jim</i> 3	
9:00 a.m.	Body Sculpt <i>Sharon</i> 1	Serious Sculpt <i>Al St. George</i> 1
10:00 a.m.	Pure Step <i>Sue</i> 1	Kick-Box <i>Al St. George</i> 1
11:00 a.m.	Zumba® <i>Steven</i> 1	Pilates Mat <i>Dina</i> 1

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Effective: April 16, 2012

See Reverse side for Class Descriptions

- Express Muscle: 30 minutes
- Hot Power Yoga +: 30 -90 minutes
- Kundalini Yoga: 90 minutes
- Kundalini Yoga (60): 60 minutes
- Sculpt-ilates Express: 30 minutes
- All other classes: 60 minutes

Studio 1: Main Studio
 Studio 2: Mind/Body Studio
 Studio 3: Cycling Studio

Facility Hours: Mon. - Thu. 5:15 a.m. - 11 p.m. Fri. 5:15 a.m. - 9 p.m. Sat. - Sun. 7 a.m.- 8 p.m.	Nursery Hours: Mon - Fri 8 a.m. - 1 p.m. Sat. 10 a.m. - 2 p.m.
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CLASS DESCRIPTIONS

BALLEFIT

An innovative class designed to condition body & mind. At the heart of the class is the artistry & athleticism of Ballet movements creatively balanced and blended with principles drawn from Pilates and Hatha Yoga. There are no dance combinations to memorize so anyone can enjoy the class.

BARBELL WORKOUT

Whether you are an inactive person interested in getting fit or an athlete looking for a training edge this class delivers. A revolutionary weight training workout that utilizes an adjustable barbell as the primary conditioning tool (additional props incorporated for variety.) Class is formatted in 6-8 segments focusing on specific muscle groups to improve strength and endurance while burning calories and achieving maximum results.

BODY SCULPT

An "old-school" staple with up-to-date exercises and conditioning principles that will tone and strengthen your entire body. It is as popular now, as it ever was. Varying types of equipment used. Fun and effective for ALL fitness levels.

CARDIO REMIX

"Variety is the spice of life." This class offers all your favorite Cardio Group Fitness Classes past and present remixed into one heart pumping class.

CARDIO MUSCLE

Alternating traditional muscle conditioning with very easy-to-follow cardiovascular segments for a beginner to intermediate interval workout you are sure to enjoy! Great for beginners!

DANCE JAM

A fun cardio class that integrates the latest video dance moves. Move and groove to funky music! No dance background needed just attitude!

EXPRESS MUSCLE

This time saving 30-minute class's increases lean body mass and overall strength in one efficient muscle conditioning workout.

FIT FOR ALL

An enjoyable cardio segment followed by a stretch and strengthening segment designed especially for those who are new to group exercise or have certain limitations that may force them to work at a less intense pace. Class is open to all levels but specifically targets those looking to workout at a more manageable level of intensity. Great for beginners and Seniors!

GENTLE YOGA

A very soothing approach to classical hatha yoga postures and stretches. Gentle warm-up and stretching, and some restorative work, help you move mindfully and easefully into poses. This is a gentler, slower paced practice for people of all sizes, ages and fitness levels.

GROUP CYCLING

Take the ride of your life in an indoor group cycling class. A mixed level, non-impact cardio class without comparison. All-terrain visual drills are set to music that will drive you, by instructors that will motivate you. Bring a towel and plenty of water.

HOT POWER YOGA +*

An athletic approach to yoga that focuses less on spirituality and more on self challenging. Class is taught in a heated room to help cleanse the body and warm the muscles. The faster pace and challenging yoga sequence plus (+)sports conditioning influenced poses help to build heat, stamina, endurance, lean muscle mass, release tension and increased flexibility. A dynamic combination of strength, sweat and spirituality that will leave you feeling empowered. Towel and water are highly recommended.

KICK-BOX

A non-contact, high intensity class featuring kickboxing, and boxing techniques combined with athletic training and plyometrics. All choreographed to energizing music for a knockout workout. Fun, challenging and empowering!

KICK CAMP

Fight off your fitness plateaus with this military style workout interlacing kickboxing and athletic drills for a kickin' cardiovascular workout.

KICK & PUMP

That's right! This high-energy class combines heart-pumping "Kick"-Box and muscle conditioning segments utilizing various props to "pump" you into shape. This sweat session will leave you wondering where the hour went.

KUNDALINI YOGA

A blend of breathing discipline with the physicality of Hatha Yoga. This class has a strong emphasis on the spiritual nature of yoga by incorporating chants and meditation. Kundalini yoga is an ancient tool for promoting physical well-being, expanding consciousness and tapping into creativity. This class is open to all levels.

KUNDALINI YOGA (60)

Kundalini Yoga in a 60 minute format.

PILATES EXPRESS

Your favorite PILATES MAT class in a 30 minute express format.

PILATES MAT

A mind-body conditioning technique that focuses on trunk stability and coordinated breathing through a series of exercises evolved from the principles of Joseph H. Pilates. Pilates develops a longer, leaner, stronger and more graceful body by improving muscular symmetry, alignment, posture, core-strength and flexibility.

POWER STEP

A high-intensity athletic step workout featuring intervals of leaps, jumps, running and other propulsive moves to increase intensity.

POWER YOGA*

A challenging and flowing form of athletic yoga that heals, detoxifies and energizes body and mind in 60 minutes. Class is taught in a warm but not hot studio to help safely warm the muscles. Power Yoga is a whole body workout! So be prepared to sweat and leave feeling empowered. Towel and water highly recommended.

PURE STEP

Wondering what happened to the good old step classes without all the frills? This class is straight forward, pure, unadulterated STEP! Class is performed on a platform that can be adjusted to ones fitness level.

SCULPT-ILATES EXPRESS

An incredible fusion of pilates & body sculpting exercises that will create a long, lean & strong body, as well as, increase range of motion & improve mind/body attention in just 30 minutes.

SERIOUS SCULPT

An intense upper and lower body muscle conditioning workout developed from the latest findings in exercise science and functional training. This class makes use of various equipment and training techniques to help you seriously define your body from head to toe.

STEP JAM

Put a little spice in your step! Burn major calories as you party on, off and around your step. Class is performed on a platform that can be adjusted to ones fitness level. A step above our Pure Step classes.

VINYASA YOGA

Integrate breath & movement through a thoughtful sequence of moderately paced poses that flow from one to another creating a dynamic, physically energizing & challenging form of yoga.

ZUMBA®

Ditch the Workout Join the Party! Why? Because it's the best party around. Zumba® fuses hypnotic Latin and international rhythms to create a dynamic dance fitness system. This class is designed to be FUN and EASY TO DO! Once you Zumba you will be hooked.

**We believe even a little yoga is better than none. If you can only practice for a shorter duration we suggest that you arrive on time, stay to the back of the room and allow at least 5 minutes for relaxation on your mat before leaving quietly.*