

ENERGY FITNESS MIDTOWN

GROUP FITNESS SCHEDULE Effective April 29, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a TNT	5:30a Yoga	5:30a Spinning	5:30a Yoga	5:30a TNT	5:30a
8:15a	8:15a Power Pump	8:15a	8:15a Power Pump	8:15a	8:15a
8:30a Zumba Gold		8:30a Zumba Gold	8:30a	8:30a Zumba Gold	8:30a
Water Aerobics		Water Aerobics		Water Aerobics	
9:30a Yoga	9:30a	9:30a Yoga	9:30a	9:30a Yoga	9:30a
	Power Water	Silver Splash	Power Water		
10:30a	10:30a	10:30a	10:30a	10:30a	10:30a Water Aerobics
Noon TNT	Noon	Noon TNT	Noon	Noon	Noon
3:30p	3:30p Silver Splash	3:30p	3:30p Silver Splash	3:30p	3:30p
4:30p Turbokick	4:30p Water Aerobics	4:30p Zumba	4:30p Water Aerobics	4:30p	4:30p
5:30p TNT	5:30p Three-4-All	5:30p Spinning	5:30p TNT	5:30p	5:30p
5:45p	5:45p	5:45p Yoga	5:45p	5:45p	5:45p

Class Descriptions

POWER PUMP - Pump up your workout with weights & barbells to hit every muscle group.

POWER WATER - Invigorating complete water workout. Start with cardio, combine with water pilates, finish with yoga style stretch.

SENIOR ZUMBA GOLD - **Cardio & toning** through fun Latin dance including meringue; salsa; cha-cha; rock & roll & so much more.

SILVER SPLASH - Cardio, strength & stretch at your own pace with the resistance of water.

SPINNING - Spinning simulates a real outdoor bike ride...challenge yourself through speed drills, & climbing using varied resistance. All fitness Levels.

TAI CHI - Relieve stress, relax your mind with a slow paced relaxing form of exercise to benefit your health, mind & awareness Sun Style.

Three-4-All - Step, toning, stretch & relaxation for a total body workout.

TNT - Tension and toning with barbells & weights to target every muscle group. For all levels.

TURBOKICK - Have a blast in this cardio class while learning basic kicks, punches & boxing techniques. No experience necessary.

WATER AEROBICS - Cardio, strength & stretch with the resistance of water in a fast paced, exciting water workout.

YOGA - Focuses on strength & flexibility while linking breath with movement, resulting in posture alignment, muscle tone & reduce stress.

ZUMBA- High energy Latin inspired workout. Basic Latin dance steps will get you inspired to have a little attitude!