



FEBRUARY ...PEACE, LOVE & ZUMBA!!!

FITNESS SCHEDULE Feb 1 – Mar 3, 2012

Monday Tuesday Wednesday Thursday Friday Sat Sun


What's up 4 February?

Zumba Fitness
AND
Snow Flow Yoga

**Yoga Foundations Workshop
with Lisa Proulx
February 17, \$25**

**Coming Soon!
40 days to a
Personal Revolution**

*A Breakthrough Program to
Radically Change Your Body
and Awaken the Sacred
Within Your Soul"*
Baron Baptiste



Schedule updated on 1/30/12

Rise & Shine Bootcamp 5:30-6:30am Craig	The Ride 5:30-6:15am Elaine	Total Body 5:30-6:30am MaryPat	The Ride 5:30-6:15am Elaine			
Yoga 8:30-9:30am Lisa W.	"Make it a Combo" TRX/Indoor Cycling 9:15-10:15am Lisa W.	Yoga 8:30-9:30am Erin		FREE Yoga for the Community 9:15-10:15am Erin	Yoga 8:45-10:00am Lisa P.	
	h2o Fit 4 Senior's 9:00-9:45am Norma (\$2.00 drop-in)		h2o Fit 4 Senior's 9:00-9:45am Norma (\$2.00 drop-in)			
TRX & More 12:00-1:00pm Craig		"Make it a Combo" TRX /Indoor Cycling 12:00-1:00pm Lisa W.				
h2o Fit 5:00-6:00pm Mary-Pat	Total Body 4:30-5:30pm Craig	h2o Fit 5:00-6:00pm Lynn	TRX 4:30-5:30pm Craig			Snow-Flow Yoga 4:30-5:30pm Bring a friend for just \$5!
Zumba 5:15- 6:15pm Laura	Yoga 6:00-7:00pm Jen	Yoga Foundations 6:00-7:00pm Lisa P.		Next Yoga FAC Feb 10th		
TRX 6:30-7:30pm Craig						

EAC Lazy man Triathlon & Triple Tri Challenge

February 20 – March 19, 2012

Run, Swim and Bike your way to getting fit & staying fit

Get ready for all your summer time activities!

FITNESS CLASS DESCRIPTIONS



- **The Ride**
A fantastic heart-pumping workout taught on a stationary bike, you will climb, spring and train!
- **Zumba Fitness**
Zumba features exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. There's no other fitness class like a Zumba Fitness-Party!
- **"Rise & Shine Boot camp"**
This class will give you a full body workout! Cardio Intervals, Functional training moves and more all in this early morning workout!
- **"Make it a Combo"**
This combo class is formatted to integrate TRX and Indoor Cycling. This class incorporates the TRX for upper and lower body strength with indoor cycling intervals for cardiovascular benefit. Get ready to work, sweat, and have fun!
- **"TRX"**
Born in the U.S. Navy SEALs and developed by Fitness Anywhere®, Suspension Training® is a revolutionary method of leveraged bodyweight exercise.
- **h2o Fit 4 Senior's**
Is an aerobic water workout that will get your heart pumping and tone and condition your muscles!
- **h2o Fit**
Is an aerobic workout in the water workout. Get your heart pumping and tone and condition your muscles!
- **Total Body**
Will increase strength, endurance and flexibility! Weights, Fit Balls, Steps and TRX may be used in this fun group exercise experience.
- **Yoga**
Whether this is your 1st time to experience yoga or you're a seasoned yogi, this practice is for you!
Postures, Breath Work and Mindful movement create a wonderful class geared toward strengthening the body and creating more flexibility.

Yoga FAC (Friday Afternoon Club)

Join us for \$20 & receive 2 hours of amazing Anusara Yoga.
This is a fun & playful time, grow your practice & grow your heart!

Snow Flow

Join us for a wonderful movement based yoga class. Geared toward increasing flexibility of the back, opening the hips and lengthening the