



FITNESS ACTIVITY PASS WINTER SCHEDULE*



FEBRUARY 25TH – APRIL 6TH, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:35-10:20am Sculpt & Tone Lower Studio CHRISTINE G					10:00 – 11:20 am Crazy Step Lower Studio ANDREA
	11:35 – 12:20 pm Sculpt & Ab Blast Lower Studio VICTORIA					
	12:35 – 1:20pm Cardio Mix Lower Studio BETH		12:35-1:20pm Sculpt & Tone Lower Studio BETH		12:35-1:20pm Sculpt & Tone Lower Studio CHRISTINE G	
1:35 – 2:20 pm Cardio Mix Lower Studio CHRISTINE G		1:35 – 2:20 pm Sculpt & Tone Lower Studio PEGGY		1:35-2:20pm Sculpt & AB Blast Lower Studio CHRISTYN		
			3:35 –4:20 pm Sculpt & AB Blast Lower Studio CHRISTINE J	3:35 – 4:20 pm Cardio Mix Lower Studio CHRISTINE J		
4:35 – 5:20 pm Sculpt & Ab BLAST Lower Studio BETH	4:35 – 5:20 pm Sculpt & Tone Lower Studio JANET	4:35 – 5:20 pm Crazy Step Lower Studio BRENDINE	4:35 – 5:20 pm Kardio Kick Lower Studio CHRISTINE J		4:35 – 5:50 pm Step & Ab BLAST Lower Studio BRENDINE	4:30 – 5:20pm Sculpt & Tone Lower Studio BETH
5:35 – 6:45 pm Crazy Step Lower Studio JANET	5:35 – 6:45 pm Kardio Kick Lower Studio LORI	5:35 – 6:45 pm Cardio Mix Lower Studio BRENDINE	5:35 – 6:45 pm Sculpt & Ab Blast Lower Studio CHRISTINE G			
	7:00 – 7:50pm Zumba Lower Studio LORI					
		8:30-9:20pm Sculpt & AB Blast Lower Studio LORI				

*You must REGISTER for this program. Management reserves the right to alter or cancel classes as deemed necessary.

Please check on line for updates and changes at www.goldengaels.com

Cardio Mix – Variety is the key to fitness success! The instructor will lead you through a combination of cardio, strengthening, core work and stretching. Each class is a new experience.

Crazy Step - This challenging aerobic workout will push your combinations and cardio to a new level. Classes may include hand weights and may utilize one or two steps during the class.

Kardio Kick – A great cardio sweat combining aerobics with boxing and kickboxing jabs, jacks, kicks, skipping and more.

Sculpt & Ab Blast – Work your muscular endurance and strength conditioning with hand weights and bands for a full body workout. Finish it off with an “abs only” blast!

Step & Ab Blast – Get the challenge of step choreography with the cardio burn and finish with a blast to your core and a stretch

Sculpt and Tone – Use of hand weights, bands, or body weight will increase your strength and endurance while flexibility work will keep you balanced.

Super Ab Blast – So you think you have abs?? This abs focused class will work on your core and back to help you with that “6-pack” with abdominal and core strengthening and toning.

Zumba – *“Dance your way to a fitter you.”* Exciting and unique Latin moves and rhythms that create a dynamic, exciting and effective, fun and easy fitness workout that will tone the body