



MURRELLS INLET GROUP FITNESS SCHEDULE

Effective June 29, 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	SPINNING™ (PP) AMY		LESMILLS BODYPUMP (EW) AMY			
8:15 AM						SPINNING™ (PP) KELLY
9:00 AM	LESMILLS BODYPUMP (EW) AMY	SPINNING™ (PP) ALISON	Piloga (ZD) ROBIN			LESMILLS BODYPUMP (EW) ROTATES
9:30 AM					BOSU Body (EW) KIM	
10:00 AM	LESMILLS BODYSTEP 101 (EW) KIM	LESMILLS BODYATTACK 101 (EW) ROBIN	Forever Fit (EW) ROBIN	Yoga Serenity (ZD) KIM	Simply Cardio (EW) KIM	
10:15 AM						Yoga Serenity (ZD) CANDY
10:30 AM	Pilates 101 (ZD) KIM	Yoga 101 (ZD) ROBIN				
5:45 PM		Abs 2 Go (EW) KELLY		LESMILLS BODYPUMP (EW) KIM		
6:00 PM	LESMILLS BODYPUMP (EW) ROBIN	LESMILLS BODYSTEP (EW) KIM	LESMILLS BODYATTACK (EW) ALISON			
6:30 PM				(6:45) Abs 2 Go (EW) KELLY		
7:00 PM	Yoga Serenity (ZD) CANDY	SPINNING™ (PP) KELLY	Piloga (ZD) CANDY	SPINNING™ (PP) KIM		

Important Notes:

- Minimum of 5 participants to have class.
- Please do not enter class if you are more than 10 minutes late.
- You must sign up for SPINNING™ no more than 30 minutes before class

Class Locations:

- EW = Energy Warehouse
- PP = Pedal Plant
- ZD = Zen Den

•DESCRIPTIONS ON BACK•SCHEDULE SUBJECT TO CHANGE•



CAROLINA FOREST GROUP FITNESS SCHEDULE

Effective June 29, 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	SPINNING™ (PP) CHRISTY		LESMILLS BODYPUMP 45 minutes (EW) MYNDI	SPINNING™ (PP) MYNDI		
6:00 AM			LESMILLS BODYATTACK 45 minutes (EW) MYNDI			
8:00 AM	Aqua Sculpt (AZ) PAULA		Pure H ₂ O (AZ) MYNDI		Aqua Sculpt (AZ) PAULA	LESMILLS BODYPUMP (EW) HOLLY
	LESMILLS BODYPUMP (EW) MYNDI					
8:30 AM		Yoga 101 (ZD) PAULA	(8:15) SPINNING™ (PP) ALISON			
9:00 AM	Knockout Gliding (EW) PAULA	Balanced Body (EW) KIM	LESMILLS BODYPUMP (EW) ALISON	LESMILLS BODYSTEP (EW) ALISON	LESMILLS BODYATTACK (EW) ROBIN	SPINNING™ (PP) ROTATES
10:00 AM	Pilates Props (ZD) MYNDI	Bellies and Booties (EW) EILEEN	Yoga Serenity (ZD) PAULA	Yoga 101 (ZD) ALISON	Piloga (ZD) EILEEN	Yoga Serenity (ZD) ROTATES
11:00 AM						
6:00 PM	LESMILLS BODYPUMP (EW) HOLLY	LESMILLS BODYATTACK (EW) CHRISTY	LESMILLS BODYSTEP (EW) ROBIN	LESMILLS BODYPUMP (EW) CHRISTY		
6:15 PM	SPINNING™ (PP) KIM					
7:00 PM	Yoga Serenity (ZD) EILEEN	Pilates 101 (ZD) CANDY	Piloga (ZD) HOLLY			
8:00 PM	MMA (EW) TOMAR		MMA (EW) TOMAR			

Important Notes:

- Minimum of 5 participants to have class.
- Please do not enter class if you are more than 10 minutes late.
- You must sign up for SPINNING™ no more than 30 minutes before class.

Class Locations:

- AZ = Aqua Zone
- EW = Energy rehouse
- PP = Pedal Plant
- ZD = Zen Den

CLASS DESCRIPTIONS

Abs To Go... Looking for a quick yet intense ab workout? Then you don't want to miss out! Challenge your abdominals with this 15 minute class.

LEVEL 2

Aqua Sculpt... Are you ready to sweat, even wet? This non-impact workout alternates cardiovascular and resistance training intervals for an ultimate heart pumping, muscle burning workout. Join us in the water for 55 minutes of fun and energy. **LEVEL 1**

Bellies & Booties... Ready to tone your abs and glutes? Our 25 minute class will do just that. This non-stop butt burnin' and tummy tonin' workout will keep you lookin' good. It's time to work your problem areas; so help your body tighten up and feel the difference. **LEVEL 1**

BODYATTACK™... Ready to get fit, stay fit, and get fitter? This 60 minute class is the sports-inspired cardio workout you have been looking for! This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Get ready for a heart pumping workout! **LEVEL 2**

BODYPUMP™... Are you ready to burn lots of calories? This 60 minute program uses resistance with rhythm to challenge all your major muscle groups. Let this class inspire you to get the results you came for! **LEVEL 1**

BODYSTEP™... Do you need a jump start to your cardio routine? Come experience this athletic, yet fun step workout that will tone the upper & lower body, increase overall fitness & coordination, & engage functional strength training. Don't miss this 60 minute class that will leave you feeling liberated and alive! **LEVEL 2**

BOSU Body... Need to improve your balance, flexibility, and stabilizing strength? This 30 minute class using the BOSU balance trainer is perfect to teach you unique variations of traditional stretches. Let our instructors show you how to add balance to your workout routines to create a strong band balanced body! **LEVEL 1**

Knockout Gliding... Need to release some aggression; well we have the class for you! Learn upper body jabs and punches and lower body kicks from all angles. Don't forget your gloves because this FAT burning workout will give you a high intensity/low impact aerobic workout. Sweat, shout, and get a new body while having fun. In this 45 minute workout, you'll use easy to follow choreography and gliding to sweat away unwanted pounds. **LEVEL 2**

Forever Fit... This 45 minute class will offer you practical exercises to help increase your endurance and stamina without a lot of complicated motions. Our focus is on developing strength, increasing flexibility, and heart conditioning. Special exercise considerations and modifications are components of our safe, enjoyable fitness program. So, stay fit for life in this fun workout. Great class for MEN & WOMEN! **LEVEL 1**

MMA... This 60 minute mixed martial arts class focuses on punching, kicking knees, and elbows. This style of fighting is especially beneficial to a person wanting to be able to defend him or herself! This cardiovascular endurance workout is very different than "traditional" cardio training. This a complete and total body, cross training experience! **LEVEL 2**

Pilates 101... This intro level class will utilize basic pilates exercises to help strengthen and tone core muscles while improving posture, flexibility and balance. Our 30 minute class is a must to add emphasis on the "powerhouse"-abdomen, lower back, and glutes. **LEVEL 1**

Pilates Props... A series of advanced exercises based on Pilates principles geared to strengthen and lengthen muscles as well as focusing on the core. Our instructors have created an intense 30 minute workout using props, weights, and visualization to increase intensity in your pilates routine. This class is a great addition to any workout. Try it and you'll be hooked! **LEVEL 2**

Piloga... This 45 minute class was created by the staff of Fitness Edge to mix basic Pilates training with principal Yoga postures. If you want to develop a strong core and long lean muscles, come to this stimulating class. You can develop strength, coordination, and balance while relieving stress, improving posture, and circulation. Excellent class for beginners and experienced alike. **LEVEL 1**

Power Yoga... Bring your mind & body experience to the next level by incorporating strength and power in your flexibility routine. This 60 minute class is designed to build strength, improve flexibility & muscle balance, while elongating muscles for a leaner look. At the end, release some stress & tension with a final relaxation that will leave you feeling refreshed and rejuvenated. **LEVEL 3**

Pure H2O... Finally; a high intensity water workout for men and women of all ages. We've combined a great cardiovascular workout with resistance training to give you a challenging 55 minute class. Whether you need to alleviate stress on the joints or even if you're preparing for a Triathlon, this class is a must. Reminder, just because it's in the water doesn't mean it's easy; so I challenge you to jump in! **LEVEL 1**

Simply Cardio... Join us for basic choreography on the step, floor, bosu, and ball to get the ultimate cardio workout! This 45 minute class uses simple moves to get your heart pumping and help your body burn fat! **LEVEL 1**

SPINNING™... This group cycling class will give you a fun aerobic workout. The instructor takes participants through heart pumping journeys. Don't worry; you control the speed and resistance so you can make it an enjoyable class whether you are a beginner or experienced rider. Bring your towel and water bottle on this high energy 45-minute journey. **LEVEL 2**

Sunrise Yoga... Start your day off with this rejuvenating 55 minute class. Allow this yoga class to increase your balance, strength, and flexibility. Take time to begin your day with a class to connect with your breathe and your body. **LEVEL 2**

Yoga 101... Welcome to Yoga! This gentle 30 minute yoga class will use the breath to flow from posture to posture. Each Yoga sequence has carefully balanced movements to calm the body and the mind as you increase your flexibility. This Yoga class uses postures to balance your strength and flexibility. Take time to stretch tight muscles and relax...you deserve it! **LEVEL 1**

Yoga Serenity... Allow yourself to take your yoga practice deeper. This is a 55 minute challenging mind/body adventure that synchronizes the breath to link the postures in a dynamic practice. This yoga class integrates the postures by increasing body awareness to permit strength and relaxation in the body. Sculpt a leaner, stronger body while you release tension and fatigue. **LEVEL 2**

ZUMBA... Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in 45 minutes of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! **LEVEL 1**