



CAROLINA FOREST GROUP FITNESS SCHEDULE

Effective Jan. 16, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	LES MILLS BODYPUMP 45 minutes (EW) ROBIN/KATE	SPINNING (PP) MAREN	LES MILLS BODYPUMP 45 minutes (EW) MYNDI	SPINNING (PP) MYNDI		
8:00 AM	(8:15) Aqua Sculpt (AZ) GINA	ZUMBA gold (EW) KIM	Pure H ₂ O (AZ) MAREN		Aqua Sculpt (AZ) ROBIN	LES MILLS BODYPUMP (EW) JESSICA
8:30 AM	(8:15) SPINNING (PP) JESSICA		Bellies & Booties (EW) PAULA	LES MILLS BODYSTEP (30 Minutes) (EW) ROBIN		
9:00 AM	LES MILLS BODYPUMP (EW) MYNDI	LES MILLS BODYSTEP (EW) ROBIN/KIM	ZUMBA (EW) JESSICA	LES MILLS BODYPUMP (EW) ROBIN	Circuit Training (EW) MYNDI	SPINNING (PP) ROTATES
10:00 AM	Yoga Serenity (75 Minutes) (ZD) PAULA	Piloga (ZD) EILEEN	Yoga 45 (ZD) EILEEN	Basic Pilates (ZD) PAULA	Basic Yoga (ZD) PAULA	Yoga Serenity (ZD) EILEEN/PAULA
5:45 PM	ZUMBA (EW) ROBIN	Basic Pilates (ZD) JESSICA	LES MILLS BODYSTEP (45 Minutes) (EW) ALISON	SPINNING (PP) ALISON		
	SPINNING (PP) KIM					
6:30 PM		LES MILLS BODYPUMP (EW) JESSICA	Yoga Serenity (ZD) KELLY	LES MILLS BODYPUMP (EW) ALISON	<p><u>BOOTCAMP</u> 6 Week Program Wednesday at 7PM <u>60 MINUTES</u> Sign-up at the front desk- space limited!</p> <p><u>STARTS Jan. 18th!</u></p>	
7:00 PM						

Important Notes:

- ♦Minimum of 3 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 schedule subject to change

Class Locations:

- EW = Energy Warehouse
- A2=Aqua Zone
- PP = Pedal Plant
- ZD = Zen Den

Carolina Forest Class Descriptions

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**

Basic Pilates... 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**

Basic Yoga... 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**

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**

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**

Circuit Training... 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**

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**

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**

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**

Yoga 45... In this 45 minute yoga class, you will use your breathe and flow through a series of traditional yoga poses to shape, stretch and tone you from head to toe. Take time to allow your body to create calmness, flexibility, and strength. **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 one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! **LEVEL 1**

ZUMBA GOLD... Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of

their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.
45 Minutes LEVEL 1