



CAROLINA FOREST GROUP FITNESS SCHEDULE

Effective **AUGUST 23, 2010**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	LES MILLS BODYPUMP 45 minutes (EW) CHRISTY	SPINNING (PP) MYNDI	LES MILLS BODYPUMP 45 minutes (EW) MYNDI	LES MILLS BODYATTACK (EW) CHRISTY	SPINNING (PP) CHRISTY	
6:00 AM			BOOTCAMP (EW) KEITH		Sunrise Yoga (ZD) JACK	
7:00 AM						
8:00 AM	Aqua Sculpt (AZ) PAULA		Pure H ₂ O (AZ) JEN		Aqua Sculpt (AZ) JEN	LES MILLS BODYPUMP (EW) ROTATES
8:15 AM	Knockout Gliding (EW) MYNDI			SPINNING (PP) ALISON		
9:00 AM	LES MILLS BODYPUMP (EW) MYNDI	LES MILLS BODYATTACK (EW) ALISON	LES MILLS BODYSTEP (EW) KIM	LES MILLS BODYPUMP (EW) ALISON	ZUMBA (EW) ROBIN	SPINNING (PP) JEN
10:00 AM	Pilates 101 (ZD) PAULA	Piloga (ZD) EILEEN	Yoga 101 (ZD) EILEEN	Yoga Serenity (ZD) PAULA	Bellies & Booties (EW) PAULA	Yoga Serenity (ZD) JACK
5:45 PM				SPINNING (PP) JEN		
6:00 PM	ZUMBA (EW) ROBIN	LES MILLS BODYSTEP (30 Minutes) (EW) ROBIN	LES MILLS BODYATTACK (45 Minutes) (EW) MYNDI			
	SPINNING (PP) KIM					
6:30 PM		LES MILLS BODYPUMP (EW) ROBIN	(6:45) Core Fusion (ZD) JACK	LES MILLS BODYPUMP (EW) MYNDI		
7:00 PM	Yoga Serenity (ZD) JACK					

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 Locations:

- EW = Energy Warehouse
- AZ=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**

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**

Bootcamp... In 45 minutes you will find yourself sweating through drills, circuits, and non-stop work! From jumping jacks to push-ups, squats and crunches, you will take your cardio and resistance training to the next level! **LEVEL 3**

Core Fusion... In 30 minutes you can work your way to a stronger core! If you want to create a strong and defined midsection, improve posture and overall flexibility, improve your overall range of motion and lengthen the muscles using yoga postures...then this is the class for you! **LEVEL 2**

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 30 minute workout, you'll use easy to follow choreography and gliding to sweat away unwanted pounds. **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**

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**

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 one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! **LEVEL 1**