



MURRELLS INLET GROUP FITNESS SCHEDULE

Effective Jan. 16, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		SPINNING (PP) SUE		LES MILLS BODYPUMP (EW) KATE		
8:30 AM						SPINNING (PP) ROTATES
9:00 AM	Strictly Step (EW) KIM	LES MILLS BODYATTACK (EW) ALISON	LES MILLS BODYPUMP (EW) KIM	ZUMBA (EW) KIM SPINNING (PP) GINA	LES MILLS BODYATTACK (EW) KIM	LES MILLS BODYPUMP (9:30) (EW) JANIS
10:00 AM	LES MILLS BODYPUMP (30 minutes) (EW) JANIS	Piloga (ZD) ALISON	Basic Pilates (ZD) GINA	Bellies and Booties (EW) GINA	Yoga Serenity (ZD) JANIS	
10:30 AM	Basic Yoga (ZD) JANIS					Piloga (ZD) JANIS
11:00 AM	Senior Fit (EW) KIM		Senior Fit (EW) GINA		Senior Fit (EW) KIM	
5:45 PM	LES MILLS BODYPUMP (EW) ALISON /KATE	ZUMBA toning (EW) GINA	LES MILLS BODYATTACK (EW) ROBIN	SPINNING (PP) SUE		
6:30 PM		Core Control (ZD) GINA FIT F.A.S.T. (EW) MIKE	Yoga Serenity (ZD) KIM	LES MILLS BODYPUMP (EW) JANIS		
6:45 PM	SPINNING (PP) ALISON	(7:00) Muay Thai (EW)				

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**
- ♦ **Schedule subject to change**

Class Locations:

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

Murrells Inlet Class Descriptions

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 45 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**

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**

Core Control... 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**

FIT F.A.S.T.... "Functional Athletic Strength Training" is a strength and conditioning program designed to maximize athletic performance. If you're interested in getting in shape, becoming a better athlete, general physical fitness and having fun, try FIT F.A.S.T. to experience inspiring and effective time efficient workouts that are never boring. FIT F.A.S.T. isn't the mundane, traditional workout that you're used to at the gym or health club — it's a dynamic, intense experience that will keep you coming back to for more. Class times varies. **LEVEL 2**

Muay Thai... Thailand's national sport is a style of kickboxing referred to as the "Art of Eight Limbs". This class focuses on cardio while engaging the core using strikes with elbows, knees, kicks, and punches. **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**

Senior Fit...Regular exercise is more important than ever as you age. There are many physical and mental health benefits that result from regular exercise. If you aren't sure where to begin, let our instructors take you through simple but fun exercises to benefit your health. Senior Fit is 45 minutes of cardio and resistance training to keep you moving for years to come! **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**

Strictly Step... This 60 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 step and toning workout. Great class for MEN & WOMEN! **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**

ZUMBA TONING- When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. 60 Minutes **LEVEL 1**