



MURRELLS INLET GROUP FITNESS SCHEDULE

Effective MARCH 2, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	SPINNING (PP) KIM		LES MILLS BODY PUMP (EW) ALISON			
8:30 AM						LES MILLS BODY PUMP (EW) ROTATES
9:00 AM	LES MILLS BODY PUMP (EW) KIM	LES MILLS BODY ATTACK (45 Minutes) (EW) KIM	ZUMBA (EW) AIMEE	Knockout Gliding (EW) KIM	LES MILLS BODY STEP (45 Minutes) (EW) K. PERPETUA	
			SPINNING (PP) K. PERPETUA			
9:30 AM						SPINNING (PP) KELLY
						Piloga (ZD) JEANNIE
10:00 AM	Forever Fit (EW) AIMEE	Yoga Serenity (ZD) JEANNIE	Bellies and Booties (EW) KIM	Power Yoga (ZD) JACK	LES MILLS BODY PUMP (30 Minutes) (EW) K. PERPETUA	
10:30 AM	(10:45) Pilates 101 (ZD) JEANNIE				Piloga (ZD) JEANNIE	
11:00 AM		Senior Fit (EW) AIMEE				
5:45 PM	LES MILLS BODY PUMP (EW) ROBIN	LES MILLS BODY STEP (45 Minutes) (EW) KELLY	LES MILLS BODY PUMP (EW) KIM	LES MILLS BODY ATTACK (45 Minutes) (EW) ALISON		
6:30 PM		Yoga Serenity (ZD) JACK		Piloga (ZD) JEANNIE		
6:45 PM	SPINNING (PP) KELLY		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

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 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

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

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

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

Power Yoga...Power Yoga is a more intense form of yoga that incorporates power movements into a sequence of flowing postures. If you are ready to give your yoga practice a challenge then join us for this 60 minute class! LEVEL 3

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

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