

(Eff.6/20/10) **ULTIMATE FITNESS GROUP EXERCISE CLASSES**

563. 355. 4741 309. 788. 9100 ~Rock Island Classes-(RI)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY AM-(RI)</b>							
<b>BETTENDORE</b>	5:30-7:00(RI) Taped Class Mary	5:30-7:00(RI) Taped Class Mary	5:30-7:00(RI) Taped Class Mary	5:30-7:00(RI) Taped Class Mary	5:30-7:00(RI) Taped Class Mary	SAT-9:30-10:45(RI) Kardio Evolution Joe	
<b>MID MORNING</b>	5:15-6:30 Interval Insanity Tammy		5:15-6:30 Interval Insanity Tammy		5:15-6:30 Interval Insanity Tammy	SAT-9:00-9:55 Sat Mix Staff	
	9:30-10:45 Total FITness Camp Lisa	9:00-9:30 Basic Step Amy	9:00-9:35 Quick Step n Lunge Angie/Lisa	9:00-9:30 Basic Step Amy/Brooke	9:15-7 L.S.D. Run Amber		
	10:45-11:05 GUTS n BUTTS Lisa	9:30-9:45 Ab Attak Amy	9:35-10:50 PUMP n SCULPT Lisa	9:30-9:45 Ab Attak Amy/Brooke	9:30-10:45 Total FITness Camp Lisa	SAT-10:00-10:45 Boxer's Impact Angie	
<b>LATE AFTERNOON</b>		9:30-11:20 Bix Training Amber		9:30-11:20 Bix Training Amber	10:45-11:05 Ab Attak Lisa	SAT-10:45-11:05 Ball Blast Angie	
	4:00-4:40 Kardio Evolution Brooklyn	4:00-4:50 Xtreme Movement Lisa		4:00-4:50 Boxer's Impact Lisa		SAT-11:15-12:15 Hatha Yoga Sarah	
<b>YOUTH TIME</b>	4:40-4:55 AB Attak Brooklyn	4:55-5:20 Hard Core Mix Lisa		4:55-5:20 Hard Core Mix Lisa		SUN-9:00-10:00 *ZUMBA Antonia	
<b>EVENING- BETTENDORE</b>	youth classes will continue in fall...						
	5:40-6:35 Cardio Fusion Matt	5:30-6:30 *ZUMBA Antonia	5:40-6:35 PUMP Matt	5:40-6:20 Kardio Evolution Lisa D.	5:30-6:30 Boot Camp (free) Staff		
			6:45-7:25 Boxer's Impact Katie	6:20-6:35 Ball Blast Lisa D.			
	6:45-7:45 Hatha Yoga Sarah		7:25-7:45 Ab Attak Katie				
<b>WATER CLASSES (RI)</b>	6:00-7:00(RI) Splash! Pam			6:00-7:00(RI) Splash! Chris			
<b>ROCK ISLAND</b>	5:30-6:30(RI) Fat Blaster Katie	5:45-7:00(RI) Kardio Evolution Joe	5:45-6:40(RI) Body of Steel Antonia	5:45-6:40(RI) *ZUMBA Antonia			
		7:05-8:05(RI) Yoga Works Terry	6:45-7:45(RI) *ZUMBA Antonia	6:45-7:45(RI) Zumba Toning Antonia			

**\*Zumba \$3.00 fee... BOOT CAMP-\$150/ 6 wks.... All other classes are free to members.**

**B- Beginner Class**

**I- Intermediate Class**

**A- Advanced Class**

**DESCRIPTIONS OF CLASSES**

**AB ATTACK-(B/I/A)**

-an awesome hard CORE workout using a mix of medicine balls, mats or stability balls.

**BALL BLAST-(B/I/A)**

-overall strengthening using the stability ball and/or medicine ball for balance, fitness and core strength.

**BASIC STEP-(B/I)**

- 30 minutes of fun, basic step moves for a great cardio workout to get the heart pumping!!

**BIX TRAINING-(I/A)**

- a mix of interval running and drills... outside(weather permitting) to help prepare you for the upcoming BIX 7!!!..following inside with core strength and stretching for a nice ending!

**BODY of STEEL-(B/I/A)**

-a full body strength and toning workout utilizing resistance bands, weights, therapy balls, medicine balls and mat work.

**\*300 BOOT CAMP- (B/I/A)**

-class designed for beginners to elite...resistance, endurance and strength ALL IN ONE!!..group personal training...limited to 10 participants...please sign up at the front desk....cost is \$150 for 6 weeks. (Fridays free for Summer.)

**BOXERS IMPACT(B/I/A)**

-sizzling workout with a mix of tae box moves, cardio drills, contact with bags and strength training for a perfect combination!! No rhythm required, suitable for ANY gender!:) Bring Gloves.

**CARDIO FUSION(B/I/A)**

-class is cardio based fusing sports conditioning, circuit training and strength moves all together for a great mix!!

**FAT BLASTER-(B/I/A)**

-low and high impact cardio drills, boxing drills and strength using weights, bands and medicine balls for a full body blast!!

**HARD CORE MIX (B/I/A)**

-a mix of core and some pilates moves utilizing the mat, therapy balls and medicine balls which will help with balance, strength and toning!

**HATHA YOGA-(B/I/A)**

-a mix of stretching, breathing, and elongation exercises to improve flexibility and posture.

**INTERVAL INSANITY-(B/I/A)**

-for all the early risers: an excellent way to start your morning! A mix of cardio n strength all in one!!

**KARDIO EVOLUTION-(B/I/A)**

- an interval mix of cardio using the step and resistance, for a non stop, invigorating workout that trains both strength and endurance!

**LSD RUN-(I/A)**

-slow, long distance ...running outside with a group to keep you motivated for a slow long run! Plan on 8-12 miles.

**PI- YO(B/I/A)**

-combination of pilates and namaste yoga moves for an overall deep stretching and deep breathing with relaxing music to help elongate the body and minimize stress.

**PUMP-(B/I/A)**

- an invigorating full body workout using dumbbells to get all your muscles pumped and toned with great music!!!

**PUMP N SCULPT- (B/I/A)**

- an intense & FUN strength workout utilizing weights, bands, therapy balls, medicine balls and mat work. It will PUMP you up!!

**QUICK STEP N LUNGE (I)**

- 35 min fun mix of step moves and lower body targeting to get the heart pumping! Need to have some step background.

**SAT. MIX-(B/I/A)**

-a spice of variety, sure to get a FUN full body workout combined with strength and cardio!!!

**SPLASH-(B/I)**

- water aerobics utilizing the noodles, ecobells, and kickboards for any fitness level!! (Great for the joints!) IN ROCK ISLAND. (m/th at 6p)

**TOTAL FITness Camp-(B/I/A)**

-combine full body resistance training and continuous cardio intervals and you get athletic PERFORMANCE with a variety. (Easy to Follow)

**XTREME MOVEMENT-(B/I/A)**

-utilizing step~fun, challenging cardio... combo of cardio drills, boxing drills, plyometrics, sports drills and strength intervals which is suitable for anyone! (Easy to follow, but intense!).

**YOUTH FITNESS -(AGES 5 & UP)..starting in Fall**

-designed for kids that combines a variety of activities - cardio, resistance, sports, games and FUN!!!

**YOUTH BOOT CAMP-(AGES 8 & UP)..starting in Fall**

-a class filled with strength, sports drills, and plyometrics to be sure to get you in shape for athletics!! Meet in lounge.

**ZUMBA- (B/I/A)**

-a fun and easy to follow latin dance class! Let your body move to the music! Anyone can do it!!! It's the NEW CRAVE!!-(COST \$3.00)

**ZUMBA TONING-(B/I/A)**

-toning in a zumba style, very unique with some resistance, balance and funk for a great overall pump! NO CHARGE!