






**CAPE GIRARDEAU
LOCATION**


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JANUARY 2010 GROUP FITNESS


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
STUDIO 1		5:30 AM - John 		5:30 AM - John 	8:05 AM - Kelly 	8:00 AM BODYPUMP TECHNIQUE CLASS	
	9:05 AM - Lori 	<i>Turn it up!</i>	9:05 AM - Laura 		9:05 AM BOOTCAMP CIRCUIT Robyn	8:15 AM - Robyn 	
	10:15 AM LOW IMPACT Jane	9:30 AM - Rotates 	10:15 AM LOW IMPACT Jane	10:30 AM LIFESTYLE FITNESS - JoAnn	10:15 AM 20-20-20 Jane	9:30 AM - Rotates 	
	<i>Turn it up!</i>	10:30 AM LIFESTYLE FITNESS - JoAnn		11:45 AM BODYSTEP TECHNIQUE CLASS			
	NOON - 45 min - Jonya 		NOON - 45 min Geoff 	NOON - 45 min Laura 			
	4:15 PM - Laura 	4:15 PM - Robyn 	4:15 PM - INTERVAL STEP CIRCUIT ROBYN	4:15 PM - Amy 			
	5:15 PM BODYPUMP TECHNIQUE CLASS		5:30 PM - Stacey 	5:30 PM - Stacey 			
	5:30 PM - Jodi 	5:20 PM - Shelby NEW TIME!!!	6:30 PM BOOT CAMP W/ BRANDON (MEET AT TRAINERS DESK)		5:30 PM - Geoff 	 IT's LAUNCH WEEK <i>January 4:</i> RPM at 5:30 am; 8:10 am; 4:15 pm & 5:30 pm BODYSTEP at 4:15 <i>January 8:</i> 5:30 pm BODYPUMP <i>January 9</i> 9:30 am BODYFLOW	
	6:30 PM BOOT CAMP W/ BRANDON						
	6:45PM ZUMBA	7:00 PM - Julia 	6:45PM ZUMBA	6:30 PM GBT-GRAB BAG THURS JESSICA (meet on fitness floor)	<i>Turn it up!</i>		
CYCLE	5:30 AM - LUKE 	<i>Turn it up!</i>	5:30 AM - LUKE 		5:30 AM CYCLE with PAUL		
	8:10 AM - AMY 	8:30 AM CYCLE with KELLY	8:10 AM - LORI 	<i>Turn it up!</i>	7:45-9:15AM RPM PSYCHO CYCLING - LORI/AMY	SATURDAYS 8 AM W/ JARED	
	4:15 PM - ROBYN 		4:15 PM - JONYA 				
	5:30 PM - GEOFF 	5:45 PM CYCLE with TOMMY		5:45 PM - JEFF 	12:10 PM - GEOFF 	SUNDAYS 1:30 PM W/ ROBYN	


STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM YOGA Julie	8:30 AM - Lori  NEW TIME!!!!	8:00 AM YOGA Nan	9:30 AM - Julie 	8:15 AM POWER YOGA Lauren	January 16: YOGA POSE BREAKDOWN 10:30 AM w/ Lauren
		<i>Turn it up!</i>			<i>If it is your first time trying out one of our great group x classes, please let the instructor know before class starts so we can provide you with important information to make your experience a rewarding and enjoyable one!</i>
11:30 AM - EASY DOES IT YOGA - Jane	NOON - 45 min - Amy 	11:15-11:45 AM CHAIR CLASS - Jane		10:30 AM ZUMBA®	
<i>Turn it up!</i>					
5:15 PM YOGA Tania	5:15 PM BLT/ABS LAB JESSICA	5:15 PM YOGA Tania	NEW CLASS!!! 5:30PM MET-CON Phillip	4:15 PM - YOGA Tania	
	6:30 PM - Stacey 	6:30 PM - Missy 		<i>Turn it up!</i>	


BODYPUMP is a rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class. We encourage attending a technique class first. If new to class, let the instructor know. (60 min)


BODYFLOW is a class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century, BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness. (55 min) First timers: please let the instructor know.


BODYSTEP is the ultimate way to give your body a high energy cardioblast and tone the hips and thighs. With over 2,000 steps per session you'll see results in record time. Get in step with one of the best fitness classes the world has to offer. (60 min) Intro class offered at 11:45 on Thursdays. New to step? Please let us know.


ROCK CONCERT ON WHEELS! EXPERIENCE the ride of your life. RPM is a 50-minute indoor cycling class based on outdoor riding. It will increase your cardiovascular fitness, burn fat, tone and shape your legs, hips and butt.

20-20-20
Three great classes rolled into one: 20 min. of cardio, 20 min. of strength training, 20 min. of abs/stretch.
BLT/ABS LAB
Buns, legs and thighs meet their match! (45 min)
BOOTCAMP AND BOOTCAMP CIRCUIT
Intense circuits of interval training will bring your fitness to a new level and help you avoid plateaus in your training.(55min)

CYCLE (50 min)
An exhilarating group experience suitable for ALL fitness levels. Your coach guides you up hills and across plains accompanied by motivating music & special lighting. Wearing cycle shoes?
Recessed clips only. No pedal change please.

EASY DOES IT YOGA
Simple yoga poses designed for members 55 or over or others with special needs (30 min)

INTERVAL STEP CIRCUIT
Intervals of step training combined with resistance training for an all-over great workout. (55 min)
GB (Grab Bag) THURSDAYS
Variety is the name of the game:circuits, core, abs, legs -- you name it! (45 min) CLASS MEETS ON WORKOUT FLOOR

KICKBOXING
Kick up your fitness level during this martial-arts-inspired class. (45 min)

LIFESTYLE FITNESS
A class designed to improve functional lifestyle skills with stretches, balance, and resistance training. (45 min)

LOW IMPACT
Designed to improve cardio function while minimizing impact (55 min.)

MET-CON -- NEW CLASS!!!!
This metabolic conditioning class increases fitness and capacity in every sport (55 min)

PSYCHO RPM CYCLING IS BACK!!!!
90-min. Fridays at 7:45 am. BACK-TO-BACK RPM rides with an instructor change in the middle, so come and go or come and stay!


STRETCH & TONE
Suitable for all fitness levels, particularly if you can't exercise on the floor or can't participate in a regular class. Improves strength, flexibility and range of motion (30 min)

YOGA
Taught by instructors trained in YogaFit, a non-purist form of yoga designed for the fitness industry. Combines Hatha Yoga with modern fitness movements and safety guidelines. (55 min. Friday classes are 75 min.)
POSE BREAKDOWN participants gain knowledge in perfecting their yoga poses to gain even greater benefit from our Yoga and BODYFLOW classes.

Dance your worries away with ZUMBA -- a "feel happy" Latin-inspired, dance-based workout great for the body, mind and spirit. (50 min)



Turn it up!


YELLOW LIGHT:
Look for this symbol outside the group fitness studios to see if any classes are at risk of being dropped or are being changed to a different timeslot.