

Effective January 9, 2012

EXTREME FITNESS GROUP FITNESS SCHEDULE

H.C. = Health Club For Women = Extreme Fitness For Women

| | TIME | CLASS | INSTRUCTOR | LOCATION |
|--------------|--------------|-----------------------|------------|-----------|
| Mon. | 5:30-6:15AM | Step Circuit | Tonia | H.C. |
| | 8:30-9:25AM | Ultimate Conditioning | Cathy | H.C. |
| | 9:25-9:50AM | Bendable Body | Cathy | H.C. |
| | 4:30-5:15PM | Spinning® | Kerry | H.C. |
| | 5:30-6:30PM | Extreme Group Barbell | Kellie | H.C. |
| Tues. | 5:30-6:15AM | Spinning® | Angela | H.C. |
| | 8:30-9:30AM | Extreme Group Barbell | Tina | H.C. |
| | 9:30-10:30AM | Cardio Fusion | Tina | H.C. |
| | 4:30-5:15PM | Zumba Toning® | Dina | H.C. |
| | 4:30-5:15PM | Iron Mat | June | For Women |
| | 5:30-6:30PM | Yoga | Mary | H.C. |
| Wed. | 5:30-6:15AM | Extreme Group Barbell | Tonia | H.C. |
| | 8:30-9:20AM | Step Circuit | Cathy | For Women |
| | 4:30-5:30PM | TNT | Missy | H.C. |
| | 5:30-6:30PM | Spinning® | Angela | H.C. |
| Thur. | 5:30-6:15AM | Spinning® | Angela | H.C. |
| | 8:15-9:00 AM | Pilates Reformer | Bridget | For Women |
| | 8:30-9:30AM | Extreme Group Barbell | Tina | H.C. |
| | 4:30-5:25PM | Cardio Fusion | Tina | H.C. |
| | 5:30-6:30PM | Barbell Blast | Tonia | H.C. |
| | 5:30-6:30PM | Zumba® | Lindsey | For Women |
| Fri. | 8:30-9:20AM | Zumba® | Tomoko | H.C. |
| | 9:30-10:15AM | Super Sculpt | Barbara | H.C. |
| Sat. | 8:30-9:30AM | Zumba Toning® | Dina | H.C. |

Pilates Reformer! This Winter we are offering an 8:15 am-9:00am Pilates Reformer class FREE to our members. This is a trial class that will be offered this Winter. It will be on a first come, first serve basis-no reservations, no cancellations, no cost. We do have personal trainers available if you decide you like Pilates Reformer. Give it a try!

Descriptions continue on page 2

****Instructors and schedule may change without notice****

EXTREME FITNESS

GROUP EXERCISE CLASS DESCRIPTIONS

Dear participants, Please tell your instructor if this is the first time visiting the class so we can make adjustments and/or modifications to make your class experience one you will enjoy. We know that joining a group exercise class can be intimidating and the instructors want you to know that you are welcome and we want you to get the most out of your class experience. It means everything to us that you join us and have fun and get fit! Thank you for considering our fitness class.

Sincerely, Extreme Fitness Staff

FLEXIBILITY

YOGA/Intro to YOGA

Yoga postures known as asana are dynamically linked together to sculpt a leaner, stronger, more flexible body while decreasing stress and fatigue. This class has an emphasis on flexibility and strengthening stabilizing muscles used in everyday life. Great for all levels of exercisers - athletes welcome!

BENDABLE BODY

This flexibility class will increase your range of motion and flexibility of connective tissues while targeting hip flexors, hamstrings, neck, and back. This restorative class is perfect for over exercisers or anyone looking to release tension and increase their flexibility.

CARDIO

SPINNING®

This challenging class is geared for the beginner and fitness enthusiasts. Experience 45 minutes of outdoor cycling techniques with an instructor and invigorating music along the way. Please have water and towel and arrive 10 minutes early if this is your first ride to set your bike up comfortably. A fun dynamic way to burn up to 500 calories per session!!!

CARDIO STEP CIRCUIT

This class is a favorite! Rev up your calorie-burning furnace. The first 30 minutes is on the step doing a variety of step combos, followed by a circuit style format for the second 30 minutes offering a variety of fun and challenging strength training movements to maximize your workout!

ZUMBA®

A fusion of Latin and International music. Learn merengue, salsa, reggaeton, and cumbia, all dance rhythms creating a dynamic, exciting, effective, fitness system! You'll enjoy this awe-inspiring, muscle pumping, caloric-burning blast as you lose yourself in the music and find yourself in shape! Join the party!!!!

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.

TNT

Combine hard core cardio, tabatas, resistance training to improve your inner athlete. ATTENTION! You'll sweat like There is no tomorrow!

ULTIMATE CONDITIONING

It's the next level of training. Your muscle strength and endurance will be tested and combined with cardiovascular movement. A total body workout that is challenging and feels like you're training, one on one with a private trainer. Great for all levels.

TONING

EXTREME GROUP BARBELL

No stepping, dancing or complicated movements in this class. You will build lean muscle, improve strength and endurance. This athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. Inspiring instructors and music will encourage you to work harder and become the lean, mean, machine you've always wanted to be.

CARDIO FUSION

A hot and sweaty dance party combined with resistance training to melt away your cares and your fat! Party Hearty!

IRON MAT

Push your pilates mat practice to the max with innovative exercises and the addition of weights to give your body iron-strength.

SUPERSCULPT

An intense workout focusing on light weights and high reps using body bars and bands. Increase your strength and increase your definition while working your muscular endurance. All fitness levels welcome.