



UFit Schedule



November 11 - December 11, 2009

No classes Nov. 26-29 (Thanksgiving Holidays)

| STUDIO 1 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|----------------------------------|---------------------------|----------------------------|---|-----------------------------|---------------------|-----------------------|
| 8:30-9:25 am | | TBC Retta | | TBC Retta | | | |
| 10-11:00 am | | | | | | Pilates Stefanie | |
| **2:00-2:55 pm | | | | | | | 2PM TBC Staff Rot. |
| 4:30-5:25 pm | | | | | Hula Hoop Dance - Robbie | | |
| 5:00-5:25 pm | Express TBC Emily L | | | | | | |
| 5:30- 6:25pm | Yoga Daniel | | Yoga Daniel | Yoga Ihsan | Yoga Daniel | | |
| 6:30-7:25 pm | Adv Latin Dance Connie/Toshio | CRUNK Michael | Pilates Ihsan | Kickboxing Gabe | | | |
| 7:30 – 8:30 pm | CRUNK - Candice | | | | | | |
| STUDIO 2 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6:15-7:15 am | Step Courtney | Abs Chase | Step Courtney | Step n Flex Chase | | | |
| 9:00-10:15 am | | | | | | Weekend Warrior | |
| 12:15-12:45 pm | Exp. Reps n Sets Anne | Pilates Terrie | Exp. Reps n Sets Terrie | Exp. Reps n Sets Steve | Gliding Terrie | | |
| 4:30-5:25 pm | | | Pilates Lydia | | | | |
| 5:00-5:25 pm | Exp. Ab Lab Emily P | Exp. Reps n Sets- Anne | | Express Abs Melissa | Exp. Ab Lab Lydia | | |
| 5:30-6:25 pm | Step Aquila | Burn, Firm, Rip Terrie | Step Aquila | Reps n Sets Angela | TBC Melissa | | |
| 6:30-7:25 pm | Reps n Sets Steve | | TBC Steve | | | | |
| STUDIO 3 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6:30-7:25 am | | Spinning® Terrie | | Spinning® Steve | | | |
| 12:15-12:45 pm | Express Gigi | | Express Melody | | Express Gigi | | 3PM Spinning® |
| 4:30-5:25 pm | Spinning® Terrie | | Spinning® Gigi | | Spinning® Gabe | | STAFF ROTATION |
| 5:30-6:25 pm | Spinning® Steve | Spinning® Emily P | Spinning® Emily P | Spinning® Terrie | | | |
| 6:30-7:25 pm | Spinning® Melody | Spinning® Melody | Spinning® Melody | Spinning® Lisa | | | |
| STUDIO 4 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 4:30-5:25 pm | Pilates Lydia | | | Power Yoga Tamryn | | | |
| 5:00-5:25 pm | | Express Abs Melissa | | | | | |
| 5:30-5:55 pm | Express Bosu Terrie | | | Express Bosu Melissa | Hips/Bums.. Lydia | | |
| 5:00-5:55 pm | | | Zumba® Camille | | | | |
| 6:00-6:25 pm | Bosu Abs Sarah | Express Abs Aquila | Bosu Abs Sarah | Express Abs Anne | | | |
| 6:30-7:30 pm | Zumba® Candace/ Camille | Kickboxing Emily L | Kickboxing Emily L | Latin Dance (Beg/Interm.) Connie/Toshio | | | |
| POOL | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 9:30-10:25 am | | | | | | Aqua Fit Susie | |
| 5:30-6:25 pm | | Aqua Fit Susie | | Aqua Fit Susie | | | |
| 6:30-7:00 pm | | | | Aqua Abs Susie | | | |

Fall 2009 UFit Class Descriptions

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| Ab Lab Express | This class is non-aerobic and non-impact, focusing on core strength and stability. This 25-minute class may often be devoted to training the lower back and gluteals. The Ab Lab is sure to toughen up any mid-section. |
| Aqua Fit | Do you love the water but are unsure of how to use it as an exercise tool? Aqua Fit will help you develop strength and flexibility in this shallow water fitness class. This class is suitable for all fitness levels. |
| BOSU Cardio/ Strength | A cardio and strength-training program designed to incorporate free weights, resistance bands, and medicine balls on the BOSU® Balance Trainer. You'll improve your balance, increase your core stability, and challenge your present muscular strength and endurance. Appropriate for all fitness levels. |
| Burn Firm Rip | A 55-minute class divided into 2 sections. Section 1: 30 min. of pure turbo step choreography utilizing adjustable step benches as the basis of a cardiovascular workout. Step experience is recommended. Section 2: 25 min. of upper and lower body muscle sculpting targeting individual muscle groups and building muscular strength and endurance. Challenging and FUN for all fitness levels. |
| Gliding Express | Turn your traditional exercises into smooth, consistent movements that firm, tone and sculpt long, lean muscles from start to finish. This multi-level workout targets every major muscle group in every way with a combination of power and strength. Designed to improve balance, stability, and strength!! |
| Hips/Bums/Tums | This is the perfect class for toning up those problem areas. This class uses strength and toning exercises to burn fat and tone muscle in the thighs, bum, and stomach. |
| Kickboxing Express | Are you looking for a total body workout that totally kicks butt? In this 55-minute class you will increase your stamina, flexibility, and strength, while listening to your favorite dance mixes! |
| Latin Dance | This 55-minute class will focus on the basics of the most popular Latin dances: merengue, salsa, and bachata. You will learn how to lead and follow these dances. The class is open to anyone: no partner necessary, but it would be great if you brought a friend! Regular attendance is encouraged, but not required. |
| Pilates | A conditioning mat workout class designed to stretch and strengthen your body. Pilates coordinates breathing and movement while you work against the resistance of your own body weight to improve your core strength. Stability balls, resistance bands, rings may be incorporated into this class designed for all fitness levels. |
| Power/Advanced Yoga | In this fun and challenging class you will move, sweat, and breathe like never before! A creative mix of traditional yoga poses linked together by breathing. You will build stability, strength, and stamina. This class will be outside – weather permitting. |
| Reps & Sets Express | A 25-minute strength-training class designed to burn fat and build muscle. You'll use dumb bells, resistance bands, bars, medicine balls, and stability balls as well as other equipment. This class is appropriate for all fitness levels and is a great class to jumpstart your workout. |
| SPINNING® | Uniquely tailored to suit a wide range of abilities and fitness goals, the Spinning program offers energizing, cycling-inspired rides that combine sound training principles, expert coaching, inspirational music & a unique mind/body philosophy, all at a self-directed pace. |
| SPIN®Flex | This is a 75 minute combination Spinning® Class that includes a 50-minute ride and 25 minutes of strength training. |
| Step & Flex | This is a high-energy cardio class that alternates beginning/intermediate step choreography with intense muscle conditioning exercises. This is the ultimate total body workout and perfect for beginning steppers! |
| Total Body Conditioning (TBC) | This class is for individuals looking to combine a strength and cardio workout in one! This is a traditional interval training class, which utilizes cardio and weight training segments to provide a 55-minute total body workout. TBC is perfect for all fitness levels! |
| Turbo Step/Step Aerobics | This step class utilizes adjustable step benches as the base of the cardiovascular workout. Intermediate/advanced step patterns are performed (turbo step) on and around the bench and high-impact options are presented for more of a challenge. Take your cardiovascular workout to new heights! |
| Weekend Warrior Workout (WWW) | Do you love to exercise but just can't fit it into your weekday schedule? Then the Weekend Warrior Workout is perfect for you! This 75-minute Saturday morning class may involve kickboxing, step aerobics, muscle sculpting, interval training, Spinning® or mind-body exercises. Start off your weekend with a super-sweaty upbeat work out! |
| Yoga | This class is appropriate for all levels of fitness enthusiasts. It will combine the mental, physical, and breathing disciplines that are associated with Yoga, which will build strength, improve flexibility, and reduce stress. |
| Zumba® | Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. |