

# Summer Group Fitness Schedule

## *Effective June 4, 2007*

Time	Monday	Tuesday	Wednesday	Thursday
6:15 am		Step Interval Ginger		Step Interval Ginger
12:00 pm		Pilates Allison	Flow Yoga Jodilyn	Cardio Tone Angie B
5:00 pm	Punch & Pump Kim	20/20/20 Karen	Indoor Cycling Angie H	Yoga Sue

### Class Descriptions

Punch and Pump: A new twist on an old favorite! This class combines cardio kickboxing with sculpting moves sure to shape your body and give you a great workout! Try it today!

Step Interval: Focus on total body conditioning as you combine STEP aerobics and strength training moves that tone your entire physique.

Pilates: Flexible strength-Pilates mat combines stretching and Pilates moves to develop core strength and tone all of the muscles in your body.

20/20/20: Join us for this popular class that combines 20 minutes of cardio moves that get your heart thumping, 20 minutes of sculpting moves that tone your body, and 20 minutes of relaxing stretch that leaves you rested after a great workout.

Cardio Tone: This class combines basic step moves and creative toning drills that keep you on your toes throughout the entire class.

Indoor Cycling: A self-paced class led by an energetic instructor that will give you a great cardiovascular workout with no impact! Great for all levels of fitness.

Flow Yoga: A strengthening approach to Yoga that moves through various poses to tone and sculpt your body. A great way to spend your lunch break!

Yoga: Breathe deep and unwind your day in this deep stretching and strengthening class. This class is a private class only. More information can be obtained at the Access Control Desk