












## Week of March 23

## group fitness schedule

|         | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|---------|---|---|---|--|---|--|
| 5:30 AM | <br><br>Paola     | <br><br>Pablo       | <br><br>Mauricio    | <br><br>Mauricio     |   |  |
| 8:30 AM | <br>Paola  | <br><br>Pablo       | <br>Paola   | <br><br>Paola        | <b>Kickboxing</b><br>Paola  |  |
| 8:30AM  |   |   | <br><br>Manuel      |  |   |  |
| 9:00 AM |   | <b>Yoga</b><br>Alejandra  |   | <b>Yoga</b><br>Alejandra   |   |  |
| 9:30 AM |   |   |   |  | <br>Mely | <br><br>Juan |
| 10:30AM |   | <br>Mely   |   | <br>Mely  |   | <br>Lizzy   |
| 5:30PM  |   | <br>Mely  |   |  |   |  |
| 6:30 PM | <br>Rick   | <b>Step</b><br>Pablo  | <br>Paola   | <b>Kickboxing</b><br>Pablo   |   |  |
| 6:30 PM | <br><br>Lizzy | <br><br>Juan    | <br><br>Manuel  | <br><br>Mauricio |   |  |
| 7:30 PM | <br><br>Pablo | <br><br>Roberto | <br><br>Gabriel | <br><br>Pablo    |   |  |
| 7:30 PM |   |   |   | <b>Latin Dance</b><br>Ricky  |   |  |

## getting to know your classes

### SPINNING



Whether you are just getting started or have an established training program, we can help you achieve your fitness or racing goals with our spinning program. Spinning is an aerobic exercise that is performed to music on specially designed stationary bikes. This concept was created by a world-class bicyclist named Jonny G as a method of training for races. Spinning is also an excellent calorie burner, using about 600 to 1000 calories per workout.

### Kickboxing

Kick and punch your way to fitness! Our workout is designed for cardiovascular and muscle endurance and combines aerobics and body toning while learning self-defense. Our classes blend boxing, martial arts, and sports conditioning drills. With music and the energy of a group fitness setting and it's a fast paced, fun packed workout!

### Mat Pilates

Redefine your self. Grow longer and stronger as you explore this 60 minute journey of Pilates movements. Pilates is an exercise-based system that aims to develop the body's "center" in order to create a stable core for all types of movement. Eventually the body will move with maximum efficiency and minimum effort. Postural changes as well as increased flexibility are only a few of the benefits Pilates provides.

### Step

Step training is a variation of stair climbing in which a raised platform - or step - is employed to perform a number of routines. These step patterns ensure a high intensity workout - 30% more body fat metabolized than in traditional aerobics. However these are still low impact exercises that place only mild stress on the feet and joints. We offer programs for all fitness levels, join a class today!

### Body Sculpt

Body Sculpting includes muscle strengthening and endurance workouts for all the body's major muscle groups. Because there is no dancing, jumping, stepping, or choreography to learn, body sculpting is ideal for those who dislike or can not perform high impact workouts. Body sculpting also helps to prevent osteoporosis by increasing one's bone density. Our instructors will teach proper form while leading you to a more toned and defined body.

### Vinyasa Yoga

Integrates breath and movement in rhythm. It is both an inner and outer workout for the body and mind. Emphasis is placed on the body's physical alignment, strength, flexibility, breath, and meditation. Classes are accompanied by music for a rejuvenating and balancing effect.

#### Fuel Yoga Prices

|            | Drop-in Class | 5 Class Pass | 11 Class Pass | 25 Class Pass |
|------------|---------------|--------------|---------------|---------------|
| Member     | \$8           | \$35         | \$65          | \$125         |
| Non-Member | \$12          | \$50         | \$99          | \$199         |



Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

#### Club Hours

Mon-Thurs 5 AM to 10:30 PM  
Friday 5 AM to 7 PM  
Saturday 8 AM to 4PM  
Sunday 10 AM to 4PM