

The Solebury Club Fitness Schedule

Effective 8/1/10

thesoleburyclub.com

215-794-3494

| MONDAY | | | | THURSDAY | | | |
|------------------|---------------------|-------------------|---------------|-----------------|-------------------|-------------------|---------------|
| Time | Class | Instructor | Studio | Time | Class | Instructor | Studio |
| 8:30-9:30am | Pump & Flex | Irene | Karate | 7:00-8:00am | Spinning® | KC | Spin |
| 9:30-10:30am | Spinning® | Carole | Spin | 9:15-10:15am | Pump Fusion | Irene | Karate |
| 9:30-10:15am | Lengthen&Strengthen | Lisa | Om | | | | |
| 6:15-7:15pm | Spinning® | Lew | Spin | | | | |
| TUESDAY | | | | FRIDAY | | | |
| Time | Class | Instructor | Studio | Time | Class | Instructor | Studio |
| 8:30-9:00am | Summer Shape-Up | Greg | Karate | 9:00-9:30am | Express Circuit | Gail | Karate |
| 9:00-9:20am | Absolute ABS | Irene | Karate | 9:30-10:00am | Spinning® Express | Gail | Spin |
| 9:30-10:30am | Spinning® | Irene | Spin | 9:30-10:30am | Kickbox | Ed | Karate |
| 9:30-10:30am | Zumba | Mary | Karate | | | | |
| WEDNESDAY | | | | SATURDAY | | | |
| Time | Class | Instructor | Studio | Time | Class | Instructor | Studio |
| 8:45-9:45am | Spin®Flex Core | Irene | Spin | 8:30-9:30am | Strength Interval | Irene/Gail | Karate |
| 9:15-10:15am | Kickbox | Greg | Karate | 9:00-10:00am | Spinning® | Carrie/Lew | Spin |
| 10:15-10:45am | Express Circuit | Greg | Karate | 9:30-10:30am | Kickbox | Matt | Karate |
| 6:00-7:00pm | Spinning® | Jen | Spin | | | | |
| 7:00-8:00pm | Kickbox | Ed | Karate | | | | |

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Absolute ABS: 20 min of intense Abdominal work to strengthen your entire mid section.

Beginner Express Spinning®: Learn bike set-up, core-movements and enjoy a quick ride.

Body Shaping: Build lean muscle and boost your metabolism using weights, bands and body bars 60min.

Cardio Ball: Creative combinations of hi lo using the stability ball strengthening the upper and lower body during a great aerobic workout.

Express Circuit: 30min weight circuit

Kickbox: An awesome interval class of combo's on the bag, jumping rope, core training, and lots of lower body sculpting to make this a complete workout

Lengthen&Strengthen: The most important class you can take. Improve circulation, joint mobility, range of motion and relieve stress. 45min

Pump Fusion: An energizing three dimensional body sculpting and cardio class fused with the barbell system to maximize your fitness results. 60min RESULTS!

Spinning®: Spinning® is a heart rate training program for new riders and serious athletes alike. The goal in Spinning® is to build a strong aerobic foundation and help each individual reach his or her fitness goal by utilizing Energy Zones.

Spinning® Express: 30-40 min ride. Great for beginners!!

Spin® Flex Core: 45 min ride, followed by 15min of core strengthening and flexibility

Strength Interval: This class will get the heart rate up and create an all over FULL BODY workout. Utilizing all muscle groups and incorporating small blocks of drills, cardio and core. All fitness levels. 60min

Summer Shape-Up: Indoor-outdoor circuit class. A mix of cardio, core and strength to get you Beach Body ready!! All Fitness Levels. 30min

Zumba® Latin Dance: Zumba utilizes the principals of fitness interval training and resistance training. It is the mixture of body sculpting movements and easy to follow dance steps. Come join the party!!

Note: All classes can be modified to beginner or advanced level of fitness

Classes are subject to change with an average of 3 or less