

Effective as July 1, 2008

**The Solebury Club - Fitness Spinning® Schedule (Updated Monthly)**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>6:00-6:45AM</b> Express Spin® Carrie			<b>6:00-7:00AM</b> Yoga Vinyasa Zaira			
<b>8:30-9:30AM</b> Pump & Flex Irene		<b>8:30-9:15AM</b> Spinning® Gail			<b>8:30-9:30AM</b> Pump & Flex Irene	
<b>9:30-10:30AM</b> Spinning® Carole	<b>9:00-9:20AM</b> Absolute ABS Irene	<b>9:15-9:30AM</b> Bosu™ Core Express Gail	<b>9:00-10:00AM</b> Cardio Ball Dori	<b>9:00-10:00AM</b> Circuit & Express Spin® Gail	<b>9:00-10:00AM</b> Spinning® Carrie	<b>9:00-10:00AM</b> Spinning® Dan
<b>9:30-10:30AM</b> Bosu™ Boot Camp Laura 7/7 & 7/21	<b>9:30-10:30AM</b> Spinning® Irene	<b>9:30-10:30AM</b> Kickbox Adam	<b>9:30-9:50AM</b> Beginner Spinning® Irene	<b>9:30-10:30AM</b> Kickbox Ed	<b>9:30-10:30AM</b> Kickbox Ed	
<b>9:30-10:30AM</b> Functional Training Circuit Torrey 7/14 & 7/28	<b>9:30-10:30AM</b> Cardio Mix Mary	<b>10:30-11:30AM</b> Zumba® Latin Dance Torrey	<b>10:00-11:00AM</b> Pump Fusion Irene	<b>10:30-11:15AM</b> Bosu™ Core and Flexibility Amber		
<b>6:00-7:00PM</b> Spinning® Lynn/Lew		<b>5:30-6:15PM</b> Express Spin®/Jen				
		<b>7:00-8:00PM</b> Kickbox Ed				

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## The Solebury Club - Fitness Spinning® Schedule (Updated Monthly)

### **Absolute ABS:**

20 minutes of intense Abdominal work to strengthen your entire mid section.

### **BEGINNER SPIN®:**

Learn bike set-up and core-movements of Spinning®.

### **Bosu™ Boot Camp:**

Balance and core stability...cardio vascular and muscular endurance...all put to the test in this invigorating workout. Fun and challenging for everyone.

### **Bosu™ Core:**

Safely train your abs through a full range of motion increasing core strength and stability. (Add to flexibility training on Fridays)

### **CARDIO Mix:**

Get your heart pounding with a mix of step, kickbox and hi lo aerobics. Easy to follow choreography and drills will burn calories and increase stamina! Finish with 15 min of core conditioning for beautiful abs.

### **CARDIO BALL:**

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

### **CIRCUIT & EXPRESS SPIN®:**

30min weight circuit + 30min ride

### **EXPRESS SPIN®:**

30 minute ride. Great for beginners and experienced riders.

### **Flexibility Training:**

This 45minute class will increase your range of motion, improve your posture and increase your mind/body awareness with a series of stretching exercises targeting all major muscle groups. All levels.

### **Functional Training Circuit:**

Squats, lunges, bending are just some of the moves we use in everyday life. We will mirror these exercises in this class. No equipment needed.

### **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. 1-hr

### **PUMP & FLEX:**

A group weight training class focusing on major and minor muscle groups. By using a barbell system and adding the right weights for you, you can increase muscle endurance and build muscle quickly. Bar holds up to 35 lbs. and more. Absolute results. 1-hour

### **PUMP FUSION:**

An energizing three dimensional body sculpting and cardio class fused with the barbell system to maximize your fitness results. 1-hour RESULTS!

### **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 on the schedule can be modified to beginner to advanced level of fitness.