

The Solebury Club Fitness Schedule

Effective 3/1/10

thesoleburyclub.com

215-794-3494

MONDAY				THURSDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
8:30-9:30am	Pump & Flex	Irene	Karate	9:00-10:00am	Cardio Ball	Dori	Karate
9:30-10:30am	Spinning®	Carole	Spin	9:30-9:50am	Spinning® Beginner	Irene	Spin
9:30-10:15am	Lengthen&Strengthen	Lisa	Om	10:00-11:00am	Pump Fusion	Irene	Karate
6:15-7:15pm	Spinning®	Lew	Spin				
TUESDAY				FRIDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
8:30-9:00am	Pump Fusion Xpress	Dori	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	10:30-11:30am	Zumba	Mary	Karate
WEDNESDAY				SATURDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
8:30-9:15am	Lengthen&Strengthen	Lisa	Om	8:30-9:30am	Strength Interval	Irene 6 & 13 Dori 20 & 27	Karate
8:45-9:45am	Spin®Flex Core	Irene	Spin	9:00-10:00am	Spinning®	Carrie/Lew	Spin
9:15-10:15am	Kickbox	Greg	Karate	9:30-10:30am	Kickbox	Matt	Karate
10:15-10:45am	Express Circuit	Greg	Karate				
6:00-7:00pm	Spinning®	Jen	Spin				
7:15-8:15pm	Kickbox	Ed	Karate				
				SUNDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
				9:00-10:00am	Spinning®	Julie/Renee	Spin

The Solebury Club Fitness Schedule

Effective 3/1/10

thesoleburyclub.com

215-794-3494

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!

Pump Fusion Xpress: 30min version of Pump Fusion

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

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