

<p style="text-align: center;"><b>MONDAY</b></p> <p>6:00am – Express Spin Flex Core® with Carrie              8:30am – Pump and Flex with Irene              9:30am – Pilates Mat Intermediate<sup>F</sup> with Denise              9:30am – Spinning® with Carole              9:30am – Bosu™ Boot Camp w/Laura 7/7, 7/21              9:30am – Functional Training w/Torrey 7/14, 7/28              9:30am – Yoga Vinyasa Foundations<sup>F</sup> with Amy              10:30am–Pilates Reformer Begin/Inter<sup>F</sup> with Denise              6:00pm – Spinning® with Lynn or Lew              6:30pm – Yoga Hatha-Svaroopa<sup>F</sup> with Maureen</p>	<p style="text-align: center;"><b>THURSDAY</b></p> <p>6:00am – Yoga Vinyasa<sup>F</sup> with Zaira              9:00am – Cardio Ball with Dori              9:30am – Spinning® Beginner with Irene              9:30am – Pilates Mat/Ball<sup>F</sup> with Kristin              9:30am – Yoga Hatha-Svaroopa<sup>F</sup> with Maureen              10:00am–Pump Fusion with Irene              10:30am–Pilates Reformer Beginner<sup>F</sup> with Kristin              6:30pm – Yoga Vinyasa<sup>F</sup> with Amber</p>
<p style="text-align: center;"><b>TUESDAY</b></p> <p>9:00am – Ab-solutely ABS with Irene              9:00am – Pilates Mat Open Level<sup>F</sup> with Adrienne              9:30am – Cardio Mix with Mary              9:30am – Spin Flex Core® with Irene              9:30am – Yoga Hatha-Svaroopa<sup>F</sup> with Maureen              10:00am–Pilates Reformer Basics with Adrienne              10:30am–Pilates Reformer/Pole<sup>F</sup> with Denise              1:30pm – Female Teenage Fit-Defense with Christi              6:00pm – Pilates Power Mat<sup>F</sup> with Denise              6:30pm – Pilates Elastic Strength<sup>F</sup> with Denise              6:30pm – Yoga Vinyasa<sup>F</sup> with Will              7:00pm – Pilates Reformer/Pole<sup>F</sup> with Denise</p>	<p style="text-align: center;"><b>FRIDAY</b></p> <p>9:00am – Circuit &amp; Express Spin® with Gail              9:30am – Pilates Mat Open Level<sup>F</sup> with Adrienne              9:30am – Kickbox with Ed              9:30am – Yoga Vinyasa<sup>F</sup> with Amy              10:30am–Bosu™ Core &amp; Flexibility with Amber              10:30am–Pilates Reformer Intermediate<sup>F</sup> with Denise              4:00pm – Yoga Hatha-Svaroopa<sup>F</sup> with Michelle</p>
<p style="text-align: center;"><b>WEDNESDAY</b></p> <p>8:30am – Spinning® with Gail              9:15am –Bosu™ Core Express with Gail              9:30am –Pilates Mat/Foam Roller<sup>F</sup> with Denise              9:30am –Kickbox with Adam              9:30am –Yoga Vinyasa<sup>F</sup> with Amy              10:30am–Pilates Reformer/Pole<sup>F</sup> with Denise              10:30am–Zumba® Latin Dance with Torrey              5:30pm – Express Spin® with Jen              6:00pm – Pilates Mat Beginner<sup>F</sup> with Cheryl              6:30pm –Yoga Hatha-Svaroopa<sup>F</sup> with Maureen              7:00pm – Kickbox with Ed</p>	<p style="text-align: center;"><b>SATURDAY</b></p> <p>8:30am – Pump &amp; Flex with Irene              8:30am – Yoga Vinyasa<sup>F</sup> with Zaira              9:00am – Spinning® with Carrie              9:00am – Pilates Mat/Ball<sup>F</sup> with Denise              9:30am – Kickbox with Ed              10:15am–Yoga Iyengar<sup>F</sup> with Jeremi</p> <hr/> <p style="text-align: center;"><b>SUNDAY</b></p> <p>9:00am - Spinning® with Dan              3:00pm – Female Teenage Fit-Defense with Christi</p>

<sup>K</sup>-Karate Room    ♦    <sup>P</sup>Pilates Studio    ♦    <sup>F</sup>-Full Membership Required

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

Effective 7/1/08

## The Solebury Club – Class Schedule (Excludes Karate)

**Absolutely ABS:** 20 minutes of intense Abdominal work to strengthen your entire mid section.

**Beginner Spin®:** Learn bike set-up and core-movements of Spinning®. 20 min.

**Bosu™ Boot Camp:** Balance and core stability...cardio vascular and muscular endurance...all put to the test in this invigorating workout.

**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. 60 min

**Female Teenage Fit-Defense:** For females age 14-20. Gain confidence and get in shape. (\$100 Equipment Fee) 60 min.

**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. 60min.

**Hatha-Svaroopa Yoga:** a restorative yoga that unravels the deepest tensions from the spine. 90 min.

**Iyengar Yoga:** great attention to detail and the precise alignment of postures, as well as the use of props including our unique “rope wall”, to help accommodate any special needs. 90 min.

**Pilates Elastic Strength:** This is a 30 minute workout using elastic bands. It includes traditional strengthening exercises as well as full body movements. (Limit 10)

**Pilates Mat:** The basis of all Pilates work, a series of exercises done on the floor to create long strong muscles, develop core strength and symmetry and improve breathing. 55 min. (Limit 10)

**Pilates Mat/Ball:** Core training to the next level-using Pilates technique and exercises and incorporating stability, balance and strength conditioning. 55 min. (Limit 10)

**Pilates Mat/Foam Roller:** Stretch, strengthen, and massage your muscles during this mat workout using the foam roller. All levels. 55 min. (Limit 10)

**Pilates Power Mat:** This is a 30 minute express mat class designed to strengthen your core and move your spine. (Limit 10)

**Pilates Pole:** Strengthen your arms, legs, core and decompress your joints using this versatile piece of equipment created by Joseph Pilates. The pole system is a wall unit with a mat and features a push-through bar and independently mounted springs. 55 min. (Sign up at the front desk, limit 4)

**Pilates Beginner Reformer:** Beginner level Pilates Reformer class. No previous experience necessary. This 55 min. class is a prerequisite for the open level and intermediate level Reformer classes. Full membership: \$30 a class, \$140 5-classes, \$250 10-classes.(Sign up at the front desk, limit 4)

**Pilates Reformer Basics:** This is an introductory class for the Pilates Reformer. No previous experience necessary. This 30 min. pre-requisite class is currently being offered to prepare the participant for the 55 minute Reformer class. Sign up at the front desk, limit 4, no charge for this class.

**Pilates Reformer:** Enhances your workout by using the support and resistance of spring tension on a moving platform. Improves muscular balance. 55 min. With a full membership: \$30 a class, \$140 5-classes, \$250 10-classes. (Sign up at the front desk, limit 4)

**Pump & Flex:** A 60min 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 35lbs. and more.

**Pump Fusion:** 60min of an energizing 3-dimensional body sculpting and cardio class fused with the barbell system to maximize your fitness results.

**Vinyasa Foundations Yoga:** a steady pace of the foundational poses (including standing poses, forward bends, back bends, twists, hip openers, and introductory inversions), breathwork, and the basics of meditation. Perfect for active people new to yoga. No yoga experience necessary, but should have the ability to move from the ground to standing and back comfortably. 90 min.

**Vinyasa Yoga:** a flow-style linking postures in progressive series, synchronized with the breath. These are dynamic and challenging classes that integrate the work of the body and breath with the work of the mind. 90 min.

**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!!