


WINTER AEROBICS SCHEDULE

2019

Effective Feb 11th, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TABATA Janice 5:30-6:30AM		SCULPT Janice 5:30-6:30AM	H.I.I.T Janice 5:30-6:30AM		
					SUNRISE YOGA Karen 8:30-9:15AM	MUSCLE PROGRESSION Janice 8-8:30AM
SUNRISE YOGA Karen 9:00AM	KICKBOXING Janice 8:45-9:30AM	SENIOR FITNESS Shelby 9-10AM	ARM CANDY Janice 8:45-9:30AM	<i>*SENIOR FRIENDLY</i> MUSCLE ON THE MOVE Janice 8:45-9:30AM		KICKBOXING Janice 8:30-9:15AM
ZUMBA Katie 10-11AM					MIXEDFIT Jen 9:30-10:30AM	PILATES Marian 9:30-10:30AM
	CORE Marian 12-1PM	SCULPT Lisa 12:15-1PM				
					SPIN with DEE COMING SOON	
	SCULPT Lisa 5:30-6:30PM		STEP INTERVALS Lisa 5:30-6:30PM	SCULPT Karen 5-6PM		
	ZUMBA Jen 6:30-7:30PM	CARDIO/STRENGTH INTERVALS Michelle 6-7PM	ZUMBA Katie 6:30-7:30PM	STRONG BY ZUMBA Jen 6pm-7pm	NEW SPIN ROOM	
					QUESTIONS OR COMMENTS? PLEASE CONTACT: Janice McHugh Aerobics Director jmchugh@pro-fitnessplus.com	

coming soon
LIVE SPIN



Class Schedule & Instructors are subject to change.

Classes will not be held with LESS THAN 3 Members attending!

PFP CLASS ETIQUETTE

- No gum allowed
- Please bring a small towel for all classes
- All members must carry in Aerobic Sneakers
- Place dumbbells or equipment on mats to protect floor



PRO-FITNESS PLUS

CLASSES AT:

ZUMBA With top instructors, Jen Huberty, Jessica Green and Katie Banfield! It's fun and effective, using interval training combining fast and slow rhythms for an effective aerobic workout while at the same time targeting your legs, abs, glutes and arms.

KICK-BOXING Punch, kick and jab your way through this cardio workout. Kickboxing can be easy to learn, with no complicated choreography. Come find out for yourself what the excitement is about. **ALL LEVELS WELCOME!**

PILATES Pilates builds flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. Great for developing a strong core, and improving coordination and balance.

SCULPT Sculpt & condition your body using a variety of equipment & exercises to target ALL muscle groups. An effective work-out. **ALL LEVELS WELCOME!**

TABATA 20 seconds of each exercise with 10 second rest - Modifications will be show
ALL LEVELS WELCOME.

BODY BAR class works entire body using wighted bars.
ALL LEVEL ENCOURAGED TO TRY THIS ONE!

ARM CANDY Tone and define your upper body.

MIXEDFIT Combination of dance fitness and full body toning. **ALL LEVELS WELCOME.**

MUSCLE PROGRESSION Strengthens entire body in 30 minutes.
ALL LEVELS.

CLASS POLICIES:

- **NEW POLICY:** Members must bring in your own towel! (gym etiquette)
- To preserve our floor, you must CARRY in aerobic shoes.
- Arrive-on time. The warm-up is an important part of your class, And aids in the prevention of injury.
- If you must arrive late, please warm-up before entering class.
- Proper aerobic sneakers are required to ensure your safety.
- Please use lockers to store belongings.
- Annual locker rentals are available.
- Children are not allowed in the aerobics room. *(Unless participating in class with a signed waiver).*
- Food is not allowed in the aerobics room at any time!
- A water bottle (plastic) and towel is recommended.
- Please be aware of your fitness level. There are many classes to choose from. Inform your instructor of any medical conditions you may have.



CLUB HOURS:

Mon-Thurs. 5AM - 10PM
Friday 5AM - 9PM
Saturday 7AM - 6PM
Sunday 8AM - 5PM

BABYSITTING HOURS:

Mon-Fri. 8:30AM - 1PM
Mon-Thurs. 4PM - 8PM
Friday 4PM - 7PM
Saturday 8AM - NOON
Sunday 8:30AM - 11:30AM

* Classes that use weights (Body bars, Dumbbells, Etc.) Must be placed on mats.*