

# SPRING AEROBICS SCHEDULE

Effective May 21st  
**2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>SCULPT</b> Janice 5:45-6:45AM		<b>BBE</b> Janice 5:45-6:45AM	<b>TABATA</b> Janice 5:45-6:30AM		<b>*MUSCLE PROGRESSION</b> Janice 8-8:30AM
	<b>KICKBOXING INTERVAL</b> Janice 8:30-9:15AM		<b>ARM CANDY</b> Janice 8:30-9AM	<b>ADVANCED SPINNING INTENSE CYCLE</b> 8-8:45AM		<b>KICKBOXING</b> Janice 8:30-9:30AM
<b>SUNRISE YOGA</b> Karen 9-9:30AM		<b>SENIOR FITNESS</b> Shelby 9-10AM	<b>TABATA</b> Janice 9-9:45AM	<b>*MUSCLE PROGRESSION</b> Janice 8:45-9:30AM	<b>MIXKEDFIT</b> Jen 9:30-10:30AM	<b>PILATES</b> Marian 9:30-10:30AM
<b>ZUMBA</b> Katie 10-11AM		<b>ADVANCED SPIN</b> 10-11AM	<b>SPIN</b> 9:30-10:30AM	<b>ZUMBA TONING</b> Cynthia 9:30-10:30AM		
<b>ADVANCED SPIN</b> 11-12PM		<b>LEAN &amp; MEAN PILATES</b> Emily 12:15-1PM		<b>PILATES FUSION</b> Marian 12:15-1PM		<b>FAT BURNING SPIN</b> 10-10:50AM
	<b>SCULPT</b> Lisa 5:30-6:30PM		<b>30MIN 6PACK ABS</b> Emily 6-6:30PM			<b>ADVANCED SPIN</b> 12-1PM
	<b>ZUMBA</b> Jen 6:30-7PM	<b>CARDIO COMBO</b> Janice 6-7PM	<b>ZUMBA</b> Katie 6:30-7:30PM	<b>STRENGTH &amp; STRETCH</b> Karen 6pm-7pm		
	<b>MIXKEDFIT</b> Jen 7-7:30PM		<b>SPIN</b> 7-8PM	<b>SPIN</b> 7-8PM	<b>QUESTIONS OR COMMENTS?</b> PLEASE CONTACT: Janice McHugh Aerobics Director jmchugh@pro-fitnessplus.com	

**NEW! MUSCLE PROGRESSION**  
STRENGTHENS ENTIRE BODY



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.

**CARDIO-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!**

**PURE STEP** Looking to burn fat? This high intensity/low impact workout will maximize fat burning, while shaping and defining muscles. Routines involve basic step patterns on and off the platform while learning choreography. STEP REEBOK uses Reebok terminology and advanced moves. **ALL LEVELS WELCOME!**

**BARRE** A low impact work-out designed to create a lean, strong, flexible body. Uses light weights (2 lbs). **ALL LEVELS - GREAT FOR SENIORS!**

**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.**

**BOOTCAMP** Combination of strength, cardio, muscle endurance, and functional movements. Designed for maximum calorie burn in a short amount of time.

**DDP YOGA** Rehabilitation focused yoga.

**STRENGTH & STRETCH** Tighten and tone your muscles while achieving srrength and balance

## NEW CLASSES:

**SELF DEFENSE  
PILATES FUSION** Combines the muscle-sculpting, core-firming, benefits of pilates, fused with stregth and flexibility combinations. **ALL LEVELS.**

**BBE: BEST BUTT EVER** A 30 minute work-out dedicated to your lower body assets!

**BODY CHALLENGE** High intensity intervals of Cardio and Stregth Training. **ADVANCED LEVELS**

**BELLY DANCE FITNESS** Class offers a series of combinations of belly dancing steps with classic fitness moves. **ALL LEVELS.**

**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-Thurs.** 8:30AM - 1:00PM  
4:30PM - 7:30PM  
**Friday** 8:30AM - 11:30AM  
4:40PM - 7:30PM  
**Saturday** 8:00AM - 11:00AM  
**Sunday** 8:30AM - 11:30AM

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