

SPRING AEROBICS SCHEDULE

2017
Effective Apr. 14th, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ARM CANDY AND 'BBE' Janice 5:45-6:30PM		BARRE Amanda 5:45-6:30AM	'BODY CHALLENGE' Janice 5:45-6:30AM	TABATA Janice 5:45-6:30AM	
	BARRE Shelby 8:45-9:30AM		ARM CANDY Janice 8:30-9AM	ADVANCED SPINNING INTENSE CYCLE 8-8:45AM		PURE STEP Lisa 8-9AM
PILATES PLUS Marian 9-10AM	ZUMBA TONING Cynthia 9:30-10:30AM	SENIOR FITNESS Shelby 9-10AM	TABATA Janice 9-9:45AM	*POUND Cynthia 9-9:30AM	MIKKEDFIT Jen 9-10AM	KICKBOXING Janice 9-10AM
ZUMBA Katie 10-11AM		ADVANCED SPIN 10-11AM	SPIN 9:30-10:30AM	ZUMBA Cynthia 9:30-10:30AM		TABATA Andrea 10-10:45AM
ADVANCED SPIN 11-12PM		DDP YOGA Vince 12:15-1pm		*PILATES FUSION Marian 12:15-1PM		FAT BURNING SPIN 10-10:50AM
	SCULPT Jen O. 5:30-6:30PM		BODY BAR Lisa 5:30-6:30PM		HIP HOP Miki 6-7PM	ADVANCED SPIN 12-1PM
	ZUMBA Jen H. 6:30-7:15PM	KICKBOXING Janice 6-7PM	ZUMBA Katie 6:30-7:30PM	NEW SELF-DEFENSE with Luis 6:00-7:00PM		
	MIKKEDFIT Jen H. 7:15-8:00PM		SPIN 7-8PM	SPIN 7-8PM	QUESTIONS OR COMMENTS? PLEASE CONTACT: Janice McHugh Aerobics Director jmchugh@pro-fitnessplus.com	

NEW!
SELF-DEFENSE WITH LUIS



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 Training is a high intensity interval training class. This class follows a specific 20 second high intensity - 10 second rest format. **ADVANCED LEVELS**

BODY BAR class works entire body using weighted 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.

NEW CLASSES:

**SELF DEFENSE
PILATES FUSION** Combines the muscle-sculpting, core-firming, benefits of pilates, fused with strength 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 Strength Training. **ADVANCED LEVELS**

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