



Group Fitness Schedule

Effective 2/01/10

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday
6:00am			 Mat Pilates						Join FitStop 24 on The Big Climb Mar 21! Take BodyStep and Start Training NOW!
8:00am		Retro Step/Sculpt	Noon Classes are FREE Feb 8 – 26! Bring a Friend!		Retro Step/Sculpt	8:00am	8:00-8:45 Express 8:50-9:10 CorePower		
9:15am						9:15am		9:15am	
12:05-12:55			 Mat Pilates					10:20am	
4:25pm		4:25-5:10 H.I.T. 45 5:15-5:30 CorePower	Retro Step			Your body needs VARIETY to change! In addition to 5 Les Mills programs, take <ul style="list-style-type: none"> • Core Power • High Intensity Training (HIT) • Pilates • Retro Step/Sculpt • Zumba Change up your workout and stay interested in fitness. Then, WATCH YOUR BODY CHANGE! We are constantly adding to and improving our class schedule – come take a class and tell us what YOU want!			
5:35pm		5:35-6:20 Express		5:35-6:20 Express	Friday night is a PARTY at 4:25 BodyStep!				
	Do you like to work out in the evening? Tell us what evening classes you would like – and remember, FitStop 24 is open 24 hours a day, 7 days a week!			6:25-7:25 					

Fit Stop 24 Group Fitness Class Descriptions



The empowering Martial Arts workout! Explosively popular in clubs around the world, BODYCOMBAT® combines kicks, strikes and katas from a range of self-defense disciplines like karate, boxing and taekwondo into an hour-long energetic routine.



BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



Real Results ... Real Fast. The most successful branded group fitness program in history, BODYPUMP® is a one-hour class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. Les Mills' claim that BODYPUMP® is "the world's fastest way to get in shape" is supported by independent research that has confirmed higher than expected fat-burning effects alongside endurance, strength and 'wellness' benefits.



The ultimate STEP class. A simple, athletic workout that will shape and tone your entire lower body and push your fat burning systems into high gear. Using simple-to-follow moves and a great mix of pop music, BODYSTEP allows you to train at the intensity you want without having to learn a complicated sequence of moves. You control how hard you work by simply altering the height of your step and increasing or decreasing your range of movements.



Ride it like you stole it. The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.



Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in a caloric-burning, body-energizing, awe-inspiring class meant to engage and captivate for life!

Retro Step/Sculpt

This class is taught by Jodi and Sue (who have over 55 years of combined teaching experience) Whoa! That doesn't mean they are old ... it means they are good! Free-Style Step with all the best in basic strengthening enjoyed in the 80's and 90's. We step to music that ranges from the Oldies, Rock 'n Roll, Disco and even a little Country now and then. We guarantee you will leave looking forward to the next time - whether you are new to step or an old hand, because we are fun to work out with!

Mat Pilates

A dynamic yet gentle program concentrating on strengthening and lengthening muscle through a series of core stability exercises. Through standing, seated, and floor exercises you will experience improved flexibility, posture, and body-mind connection. Sessions focus on breathing, balance, and postural form. You will leave with an increased sense of well-being, relaxation and rejuvenation!

H.I.T. 45

High Intensity Training - 45 minutes of vigorous and dynamic exercises that will transform your body and mind, accomplished with interval training sets. This class is for all fitness levels and abilities ... you bring a little desire and we will provide the attitude to inspire you. Guaranteed to put some fun in your day and tone in your body!

CorePower

15 minutes of concentrated focus on your abs and back = Your Core! A tremendous addition to your workout. Walk or run to the gym and take a CorePower class, or 30 minutes on the elliptical and finish with CorePower. Start with CorePower and add BodyStep for the total package. The beauty of CorePower is YOU design YOUR workout around this fantastic and focused opportunity.