



Winter 2010 Fitness Schedule

**SweatShop
Health Club**
167 Snelling Avenue North
651-646-8418
www.sweatshopfitness.com

**Effective Dates:
Feb 22 – April 4, 2010**

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
6:00 am	Spinning <i>Brooke</i>	Power Weights <i>Cathy Q</i>	Spinning <i>Judy</i>	Power Weights <i>Georgene</i>		7:00 am	Spinning <i>Sandra</i>	
9:15 am	Step Interval <i>Jill</i>	Zumba <i>Hugo</i>	Power Weights <i>Sandra</i>	Drums Alive! <i>Gayle</i>	BOSU Challenge <i>Cathy E</i>	8:00 am	Power Weights <i>Georgene</i>	
12:15 pm	Vinyasa Yoga <i>Sandra</i>	*GYROKINESIS <i>Thayer</i>	Yoga Basics <i>Stephanie</i>			9:00 am	Zumba <i>Hugo</i>	Aero <i>Sandra</i>
6:00 pm	Zumba & World Beats <i>Hugo</i>	Power Weights <i>Georgene</i>	Zumba <i>Hugo</i>	Spin 25 <i>Sandy</i>		10:00 am	Vinyasa Yoga <i>Stephanie</i>	Yoga Basics <i>Sandra</i>
6:30 pm				*KB 25 <i>Sandy/Kent</i>		11:00 am	*KETTLEBELL <i>Rose</i>	
7:00 pm	*KETTLEBELL <i>Tresa</i>	Vinyasa Yoga <i>Jennifer</i>				12:15 pm	*GYROKINESIS <i>Thayer</i>	

***Kettlebell and Gyrokinesis are special programs that require advance registration.**

CLASS DESCRIPTIONS	Aero	<i>Motivating low and moderate impact aerobics for intermediate to advanced participants.</i>
	BOSU Challenge	<i>Fun-filled class that improves cardio endurance, agility, balance, coordination, and core strength utilizing the BOSU for the first 40 minutes and core conditioning for the last 15.</i>
	Drums Alive!	<i>Drums Alive captures the essence of movement, rhythm and combines it with fun and delivers real fitness results! Full of powerful and motivating music and drumming rhythms that will get your feet stomping and your body moving.</i>
	*GYROKINESIS	<i>System of exercises that incorporates a series of rhythmic and undulating movements that gently work joints and muscles of the body. You will feel light, rejuvenated, and energized. ADVANCED REGISTRATION REQUIRED. See flier for details.</i>
	*KETTLEBELL	<i>Learn to safely use the Kettlebell as well as specific exercises that stabilize the core muscles, build endurance, and increase strength. ADVANCED REGISTRATION REQUIRED. See Program flier for details.</i>
	*KB 25	<i>Twice the workout in half the time! See Kettlebell above.</i>
	Power Weights	<i>Intense non-cardio sculpting workout focusing on lighter weights and high reps using a variety of fitness equipment.</i>
	Spinning	<i>Cardio indoor cycling class using bikes with weighted wheels. All Levels.</i>
	Spin 25	<i>Short-burst training using indoor cycling bikes with weighted wheels. All Levels.</i>
	Step Interval	<i>Heart-racing step aerobics with 20-25 minutes of strength training and balance work intermixed.</i>
	Vinyasa Yoga	<i>Yoga practice that links postures with breath and warms the body; building strength, flexibility, balance and concentration. Please bring your own mat to class. Intermediate level.</i>
	Yoga Basics	<i>Basics: postures, breathing, relaxation emphasis. Please bring your own mat to class.</i>
	Zumba	<i>Zumba is a fusion of Latin and international music—dance themes creating a dynamic, exciting, effective fitness system!</i>
Zumba & World Beats	<i>Unique cardio dance class that will challenge your brain and your body using international music and dance styles. Strength and balance exercises incorporated to round out your workout.</i>	

TRX Group Training Schedule

***See TRX flier for more details and pricing.**

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
8:15 am		TRX 25 <i>Rose</i>			TRX 55 Pilates <i>Tresa</i>	10:00 am	TRX Basics <i>Sandy</i>	
5:00 pm	TRX Basics <i>Kendall/Sandy</i>					10:30 am	TRX 25 <i>Sandy</i>	
5:25 pm	TRX 25 <i>Kendall/Sandy</i>	TRX 25 <i>Georgene</i>	TRX 25 <i>Kendall</i>	TRX 25 <i>Sandy</i>		11:30 am	TRX 25 <i>Sandy</i>	

Club Hours:

Monday – Thursday: 5:45 am - 8:30 pm
Friday: 5:45 am - 6:00 pm
Saturday: 6:45 am - 4:00 pm
Sunday: 7:45 am - 1:00 pm

Babysitting Hours:

Monday – Friday: 8:45 am - 11:00 am
Saturday: 9:00 am - 11:00 am
Monday & Wednesday: 4:45 pm – 7:00 pm
Tuesday & Thursday: 5:45 pm – 8:00 pm