

July 2008

Class descriptions on back side

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Gr Strength Training 8:30-9:30 am Pilates Mat Class 5:15-6:15pm	2 Cardio Combo Noon-12:50 pm Mixed Level Yoga 5:30- 6:45 pm	3 No Cardio Combo Class	4 No Yoga Class HAPPY 4 TH OF JULY!	5
6 No Yoga Class	7	8 Gr Strength Training 8:30-9:30 am Pilates Mat Class 5:15- 6:15pm	9 Cardio Combo Noon-12:50 pm Mixed Level Yoga 5:30- 6:45 pm	10 Cardio Combo 5:15-6:05 pm	11 Mixed Level Yoga 8:30 - 9:45am Kids Yoga 10:00-10:45 am	12
13 Mixed Level Yoga 10-11:15 am	14	15 Gr Strength Training 8:30-9:30 am Pilates Mat Class 5:15- 6:15pm	16 Cardio Combo Noon-12:50 pm No Yoga Class	17 Cardio Combo 5:15-6:05 pm	18 Mixed Level Yoga 8:30 - 9:45am Kids Yoga 10:00-10:45 am	19
20 Mixed Level Yoga 10-11:15 am	21	22 Gr Strength Training 8:30-9:30 am No Pilates Mat Class	23 Cardio Combo Noon-12:50 pm Mixed Level Yoga 5:30- 6:45 pm	24 Cardio Combo 5:15-6:05 pm	25 Mixed Level Yoga 8:30 - 9:45am Kids Yoga 10:00-10:45 am	26
27 Mixed Level Yoga 10-11:15 am	28	29 Gr Strength Training 8:30-9:30 am Pilates Mat Class 5:15- 6:15pm	30 Cardio Combo Noon-12:50 pm Mixed Level Yoga 5:30- 6:45 pm	31 Cardio Combo 5:15-6:05 pm	1 Mixed Level Yoga 8:30 - 9:45am Kids Yoga 10:00-10:45 am	2

August 2008

Class descriptions on back side

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Mixed Level Yoga 8:30 – 9:45am Kids Yoga 10:00-10:45 am	2
3 Mixed Level Yoga 10-11:15 am	4	5 Gr Strength Training 8:30-9:30 am Pilates Mat Class 5:15- 6:15pm	6 Cardio Combo Noon-12:50 pm Mixed Level Yoga 5:30– 6:45 pm	7 Cardio Combo 5:15-6:05 pm	8 Mixed Level Yoga 8:30 – 9:45am Kids Yoga 10:00-10:45 am	9
10 Mixed Level Yoga 10-11:15 am	11	12 Gr Strength Training 8:30-9:30 am Pilates Mat Class 5:15- 6:15pm	13 Cardio Combo Noon-12:50 pm Mixed Level Yoga 5:30– 6:45 pm	14 Cardio Combo 5:15-6:05 pm	15 Mixed Level Yoga 8:30 – 9:45am Kids Yoga 10:00-10:45 am	16
17 Mixed Level Yoga 10-11:15 am	18	19 Gr Strength Training 8:30-9:30 am Pilates Mat Class 5:15- 6:15pm	20 Cardio Combo Noon-12:50 pm Mixed Level Yoga 5:30– 6:45 pm	21 Cardio Combo 5:15-6:05 pm	22 Mixed Level Yoga 8:30 – 9:45am	23
24 Mixed Level Yoga 10-11:15 am	25	26 Gr Strength Training 8:30-9:30 am Pilates Mat Class 5:15- 6:15pm	27 Cardio Combo Noon-12:50 pm Mixed Level Yoga 5:30– 6:45 pm	28 Cardio Combo 5:15-6:05 pm	29 Mixed Level Yoga 8:30 – 9:45am	30
31 ~NO YOGA CLASS TODAY~ Have a good Labor Day Weekend!	1 HAVE A SAFE AND HEALTHY LABOR DAY!					

Wed Cardio Combo:	Janelle Lenz:	FitnessByDesign_Janelle@hotmail.com	277-9721 ext 3 or 712-830-3030
Thurs Cardio Combo:	Sarah O'Neil:	FitnessByDesign_Sarah@hotmail.com	277-9721 ext 1
Group Strength Training:	Janelle Lenz:	FitnessByDesign_Janelle@hotmail.com	277-9721 ext 3 or 712-830-3030
Yoga:	Mary St Onge	Styogamama@aol.com	277-9721 ext 4 or 274-5071
Children's and Summer Yoga:	Robin Bourjaily	RBourjaily@aol.com	277-9721 ext 4 or 440-1122
Mat Pilates:	Marcia Fletcher	MKFletcher1@yahoo.com	277-9721 ext 4 or 707-1787

CLASS DESCRIPTIONS

Mixed Level Yoga/Traditional Hatha

Improve flexibility, increase strength and enjoy better body alignment with a flowing practice that removes chi or prana stagnation and focuses on movement, muscular contraction, and balance. Each class begins with breathwork and ends with meditation. Each session, we explore a different yogic philosophy. Suitable for all levels.

Mat Pilates

Pilates exercises develop a strong "core", which consists of the deep abdominal muscles along with the muscles closest to the spine. Control of the core is achieved by integrating the trunk, pelvis and shoulder girdle. Modifications to the exercises allow for a range of difficulty from beginning to advanced. By emphasizing proper breathing, correct spinal and pelvic alignment, and complete concentration on smooth, flowing movement, you become acutely aware of how your body feels, where it is in space, and how to control its movement. The quality of movement is valued over the quantity of repetitions. Proper breathing is essential and helps you execute movements with maximum power and efficiency. Let Marcia offer the workout that best suits you now, and increase the intensity as your body conditioning improves.

Cardio Combo

Pace yourself or push your limits in this ultimate circuit workout. This 50-minute class is offered in boot camp style and will help you improve both cardiovascular endurance and muscular strength. One of the most fun ways to get fit! Class format varies weekly and also by instructor, which keeps it interesting and challenging. All fitness levels are welcome!

Group Strength Training

A total body strength workout using various dumbbell, body bar, resistance band, and body weight exercises to strengthen and tone every muscle group. This power packed class is great for all levels!