

## CHAMPIONS GROUP FITNESS CLASS SCHEDULE -January 9 – February 4, 2012

See reverse side for class descriptions and other information about this month's schedule. Questions or comments about the group fitness program?...Contact Julie Tuten at [j\\_tuten@hotmail.com](mailto:j_tuten@hotmail.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9 AEROBICS ROOM:</b> <b>8:00AM Yoga</b> (60min) Erica <b>9:30AM Body Blast</b> (60 min) Dionne <b>5:30PM Turbo TRICK</b> (55 min) Julie <b>6:30PM Body Flex</b> (40 min) Jennifer <b>7:30PM Champ Camp</b> (Var.) Wanda and Joanna	<b>10 AEROBICS ROOM:</b> <b>9:30AM ZUMBA</b> (60 min) Trina <b>4:15PM Cardio Combo</b> (45 min) Joanna <b>5:15PM ZUMBA</b> (55 min) Elizabeth <b>6:15PM Ab Core</b> (20 min) Jennifer <b>6:40PM Bottoms Up</b> (20 min) Jennifer <b>7:00PM Hip Hop</b> (60min) Destini	<b>11 AEROBICS ROOM:</b> <b>9:30AM Turbo TRICK</b> (55 min) Joanna <b>4:30PM Body Blast</b> (55 min) Dionne <b>5:30PM Step</b> (40 min) Julie <b>6:15PM Hip Hop</b> (40min) Ashley <b>7:00PM Yoga</b> (60min) Erica	<b>12 AEROBICS ROOM:</b> <b>9:30AM Total Body Conditioning</b> (60 min) Joanna <b>4:15PM Cardio Combo</b> (45 min) Joanna <b>5:30PM P10</b> 40 min) Melinda <b>6:15PM TRX Basic</b> (45 min) Julie (45 min) <b>7:00PM ZUMBA</b> (60 min) Tina	<b>13 AEROBICS ROOM:</b> <b>9:30AM Body Blast</b> (55 min) Dionne	<b>14 AEROBICS ROOM:</b> <b>9:00AM ZUMBA</b> (55 min) Tina <b>10:00AM Turbo TRICK</b> (55 min) Julie Turbo Kick and Zumba classes are back every Saturday!
<b>STUDIO CYCLING ROOM:</b> <b>6:00PM Spinning</b> (60 min) Dionne	<b>STUDIO CYCLING ROOM:</b>	<b>STUDIO CYCLING ROOM:</b> <b>6:00PM Spinning</b> (60 min) Lisa	<b>STUDIO CYCLING ROOM:</b> <b>6:00PM Spinning</b> (60 min) Bob	<b>STUDIO CYCLING ROOM:</b> <b>6:00AM Spinning</b> (60 min) Katy	<b>STUDIO CYCLING ROOM:</b> <b>9:00AM Spinning</b> (60 min) Katy
<b>16 AEROBICS ROOM:</b> <b>8:00AM Yoga</b> (60min) Erica <b>9:30AM Body Blast</b> (60 min) Dionne <b>5:30PM Turbo TRICK</b> (55 min) Joanna <b>6:30PM Body Flex</b> (40 min) Holly <b>7:30PM Champ Camp</b> (Var.) Joanna	<b>17 AEROBICS ROOM:</b> <b>9:30AM ZUMBA</b> (60 min) Trina <b>4:15PM Cardio Combo</b> (45 min) Joanna <b>5:15PM ZUMBA</b> (55 min) Elizabeth <b>6:15PM Ab Core</b> (20 min) Holly <b>6:40PM Bottoms Up</b> (20 min) Holly <b>7:00PM Hip Hop</b> (60min) Destini	<b>18 AEROBICS ROOM:</b> <b>9:30AM Turbo TRICK</b> (55 min) Joanna <b>4:30PM Body Blast</b> (55 min) Dionne <b>5:30PM Step</b> (40 min) Julie <b>6:15PM Hip Hop</b> (40min) Ashley <b>7:00PM Yoga</b> (60min) Erica	<b>19 AEROBICS ROOM:</b> <b>9:30AM Total Body Conditioning</b> (60 min) Joanna <b>4:15PM Cardio Combo</b> (45 min) Erica <b>5:30PM P10</b> 40 min) Melinda <b>6:15PM TRX Agility Circuit</b> (45 min) Jennifer <b>7:00PM ZUMBA</b> (60 min) Tina	<b>20 AEROBICS ROOM:</b> <b>9:30AM Body Blast</b> (55 min) Dionne	<b>21 AEROBICS ROOM:</b> <b>9:00AM ZUMBA</b> (55 min) Kristy <b>10:00AM Turbo TRICK</b> (55 min) Joanna
<b>STUDIO CYCLING ROOM:</b> <b>6:00PM Spinning</b> (60 min) Dionne	<b>STUDIO CYCLING ROOM:</b>	<b>STUDIO CYCLING ROOM:</b> <b>6:00PM Spinning</b> (60 min) Lisa	<b>STUDIO CYCLING ROOM:</b> <b>6:00PM Spinning</b> (60 min) Bob	<b>STUDIO CYCLING ROOM:</b> <b>6:00AM Spinning</b> (60 min) Katy	<b>STUDIO CYCLING ROOM:</b> <b>9:00AM Spinning</b> (60 min) Bob
<b>23 AEROBICS ROOM:</b> <b>8:00AM Yoga</b> (60min) Erica <b>9:30AM Body Blast</b> (60 min) Dionne <b>5:30PM Turbo TRICK</b> (55 min) Julie <b>6:30PM "On the Ball"</b> (40 min) Jennifer <b>7:30PM Champ Camp</b> (Var.) Wanda	<b>24 AEROBICS ROOM:</b> <b>9:30AM ZUMBA</b> (60 min) Trina <b>4:15PM Cardio Combo</b> (45 min) Joanna <b>5:15PM ZUMBA</b> (55 min) Elizabeth <b>6:15PM Ab Core</b> (20 min) Jennifer <b>6:40PM Bottoms Up</b> (20 min) Jennifer <b>7:00PM Hip Hop</b> (60min) Destini	<b>25 AEROBICS ROOM:</b> <b>9:30AM Turbo TRICK</b> (55 min) Joanna <b>Sorry, no Body Blast today.</b> <b>5:30PM Step</b> (40 min) Julie <b>6:15PM Hip Hop</b> (40min) Ashley <b>7:00PM Yoga</b> (60min) Erica	<b>26 AEROBICS ROOM:</b> <b>9:30AM Total Body Conditioning</b> (60 min) Joanna <b>4:15PM Cardio Combo</b> (45 min) Joanna <b>5:30PM P10</b> (40 min) Melinda <b>6:15PM TRX Body Flex</b> (45 min) Jennifer <b>7:00PM ZUMBA</b> (60 min) Tina	<b>27 AEROBICS ROOM:</b> <b>Sorry, no Body Blast today.</b>	<b>28 AEROBICS ROOM:</b> <b>9:00AM ZUMBA</b> (55 min) Tina <b>10:00AM Turbo TRICK</b> (55 min) Julie
<b>STUDIO CYCLING ROOM:</b> <b>Spinning on Tuesday this week</b>	<b>STUDIO CYCLING ROOM:</b> <b>6:00PM Spinning</b> (60 min) Dionne	<b>STUDIO CYCLING ROOM:</b> <b>6:00PM Spinning</b> (60 min) Lisa	<b>STUDIO CYCLING ROOM:</b> <b>6:00PM Spinning</b> (60 min) Bob	<b>STUDIO CYCLING ROOM:</b> <b>6:00AM Spinning</b> (60 min) Katy	<b>STUDIO CYCLING ROOM:</b> <b>9:00AM Spinning</b> (60 min) Lisa
<b>30 AEROBICS ROOM:</b> <b>8:00AM Yoga</b> (60min) Erica <b>9:30AM Body Blast</b> (60 min) Dionne <b>5:30PM Turbo TRICK</b> (55 min) Joanna <b>6:30PM "On the Ball"</b> (40 min) Jennifer <b>7:30PM Champ Camp</b> (Var.) Joanna	<b>31 AEROBICS ROOM:</b> <b>9:30AM ZUMBA</b> (60 min) Trina <b>4:15PM Cardio Combo</b> (45 min) Joanna <b>5:15PM ZUMBA</b> (55 min) Elizabeth <b>6:15PM Ab Core</b> (20 min) Jennifer <b>6:40PM Bottoms Up</b> (20 min) Jennifer <b>7:00PM Hip Hop</b> (60min) Destini	<b>1 AEROBICS ROOM:</b> <b>9:30AM Turbo TRICK</b> (55 min) Joanna <b>4:30PM Body Blast</b> (55 min) Dionne <b>5:30PM Step</b> (40 min) Julie <b>6:15PM Hip Hop</b> (40min) Ashley <b>7:00PM Yoga</b> (60min) Erica	<b>2 AEROBICS ROOM:</b> <b>9:30AM Total Body Conditioning</b> (60 min) Joanna <b>4:15PM Cardio Combo</b> (45 min) Joanna <b>5:30PM P10</b> 40 min) Melinda <b>6:15PM TRX Step &amp; Sculpt</b> (45 min) Julie (45 min) <b>7:00PM ZUMBA</b> (60 min) Tina	<b>3 AEROBICS ROOM:</b> <b>9:30AM Body Blast</b> (55 min) Dionne	<b>4 AEROBICS ROOM:</b> <b>9:00AM ZUMBA</b> (55 min) Tina <b>10:00AM Turbo TRICK</b> (55 min) Joanna
<b>STUDIO CYCLING ROOM:</b> <b>6:00PM Spinning</b> (60 min) Dionne	<b>STUDIO CYCLING ROOM:</b>	<b>STUDIO CYCLING ROOM:</b> <b>6:00PM Spinning</b> (60 min) Lisa	<b>STUDIO CYCLING ROOM:</b> <b>6:00PM Spinning</b> (60 min) Bob	<b>STUDIO CYCLING ROOM:</b> <b>6:00AM Spinning</b> (60 min) Katy	<b>STUDIO CYCLING ROOM:</b> <b>9:00AM Spinning</b> (60 min) TBA

**Need to lose 30+ lbs?**  
**CHAMP CAMP**  
 is for you.  
 Classes include dietary guidance and moderate intensity/low impact exercise. Weekly weigh ins, healthy eating tips, workout ideas, and a supportive group environment help our members meet their fitness goals!

Mondays @ 7:30PM



You asked for it, you got it!...

### More YOGA!



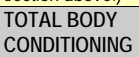


An additional class is on the schedule for Wednesday's at 7:00PM

Nursery hours accommodate group fitness classes! Nursery service available for all classes *except* Monday 8AM Yoga, 7:30PM Champ Camp; and Friday 6AM Spinning. See nursery door for exact times and details.

Do you want to receive the class schedule via email every month?... Visit [www.championshealthandfitness.com](http://www.championshealthandfitness.com) and click "Join Our Mailing List"

### TRX variety class descriptions:

- o **TRX Basic** (B, I, A) – January 12: This class is a full body strength building workout. Any fitness level can experience a challenge using some of the most basic TRX exercises. Class concludes with stretching.
- o **TRX Agility Circuit** (B,I, A) – January 19: This class will alternate between strength training exercises on the TRX and agility drills. Perfect for athletes or anyone wishing to increase their overall fitness level.
- o **TRX Body Flex**(B, I, A)– January 26: A full body strength training workout with short bursts of a variety of cardio exercises. Just like our regular Body Flex class, but you will use the TRX for all strength training.
- o **TRX Step and Sculpt** (B,I, A) – February 2: Alternate between resistance exercises on the TRX and heart pumping aerobic activity on the Step .

Name	Duration	Fitness Level			Footwear Recommendations	Class Description
		B	I	A		
<b>AB CORE</b>	20 min	✓	✓	✓	Any athletic	Your core (abs and back) are arguably the most important area of the body to strengthen. Training your core typically results in multiple benefits in a relatively short amount of time. This is because a strong core improves your posture, decreases your chance of injury, increases your power and functionality, and gives you a great-looking lean midsection. Let our instructors be your guide to all your "core needs".
<b>BODY BLAST</b>	55 min			✓	Cross Trainer or Running	Learn from a real pro! The regular instructor for this class (Dionne) was previously a NFL and NHL trainer. This is an intermediate to advanced level conditioning class that combines high intensity cardiovascular intervals with weight training.
<b>BODY FLEX</b>	40min	✓	✓	✓	Cross Trainer or Running	Guaranteed to keep your heart pumping and work those muscles. A variety of equipment is used for this muscular endurance routine. Arms, legs, chest and back will be resistance trained for many repetitions. Don't worry ladies; this class won't make you look like the Incredible Hulk, but it will help you replace some unsightly flab with beautifully toned muscles. Gentlemen will find it to be a nice change of pace as well. Never participated in resistance training before? No problem, our instructor will show you everything you need to know. Just come prepared to work hard and have a fun time! Couple it with Ab Core for a thorough full body workout.
<b>BOTTOMS UP</b>	20 min	✓	✓	✓	Any athletic	Need to tighten and lift those legs and hips, this is the class for you. This class focuses solely on lower body resistance training.
<b>CARDIO COMBO</b>	45min	✓	✓	✓	Any athletic	This class will provide you with some toning for major muscle groups as well as a variety of aerobic exercise. The aerobic exercise could include step, slide, kickboxing, or maybe a jog outside....whatever the class and the instructor feels comfortable with.
<b>CHAMP CAMP</b>	45 min	✓	✓		Any athletic	Champ Camp is a program for those seeking to lose 30+lbs. The class will include a variety of low impact, low-mid intensity physical activity. It also includes discussion time with peers on a range of topics. Champ Camp often meets at the gym, but may meet at a park or elsewhere depending on planned activities. For further information please contact Greg Lassiter at 353-0544.
<b>HIP HOP</b>	40 - 60 min	✓	✓	✓	Studio, Jazz sneakers or socks	Learn a new mini dance routine in each class to the latest pop/hip hop music. Absolutely no dance experience required. Just cut loose and add your own style to get a seriously fun workout.
<b>"ON THE BALL"</b>	40 min	✓	✓	✓	Cross Trainer or Running	This class is very similar to Body Flex. The only difference is that a stability ball is used for every exercise.
 <b>PIYO</b>	40 min	✓	✓	✓	Bare feet best	PIYO™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, & greater stability. (Mat is recommended.)
<b>STEP</b>	40 min	✓	✓	✓	Cross trainers	Tired of the treadmill? Step combines motivating, heart pumping music to group comradery for a seriously fun calorie burning workout. Traditional step aerobics performed on the original Reebok Step bench. Step is lower impact than jogging, but still a highly effective aerobic workout. An added plus-----Tones and shapes the lower body.
 <b>TRX</b> <small>(General explanation; please read the class descriptions in the bullet section above.)</small>	Varies – times shown includes 5-10 min setup and instructions	Varies, please read the class descriptions in the bullet section above.			Any athletic, best to be a little bulky; not low profile shoes	Born in the U.S. Navy SEALs and developed by Fitness Anywhere®, Suspension Training® is a revolutionary method of exercise utilizing anchored nylon straps, gravity and your bodyweight. Easy to set up and easy to use, the TRX® Suspension Trainer™ allows you to be in complete control. Perform hundreds of exercises for every muscle group that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Truly a piece of equipment for any fitness level. Simple repositioning of your body increases or decreases resistance. Classes will vary from month to month. Please read the descriptions in the bullet section above. <i>Who uses TRX?...</i> - <i>"Biggest Loser" Personal Trainer Jillian Michaels</i> - <i>NFL Quarterback for the New Orleans Saints Drew Brees</i> - <i>Actress/Singer Jennifer Lopez</i> - <i>NBA Denver Nuggets Carmello Anthony</i>
 <b>TOTAL BODY CONDITIONING</b>	60 min	✓	✓	✓	Any athletic	A full body workout in every class, TBC combines strength training and cardio in a wide variety of formats to give you the perfect one hour workout.
 <b>TURBO KICK</b>	45 min – 60 min	✓	✓	✓	Studio or Jazz sneakers work best	A combination of intense kickboxing moves, as well as, dance moves all perfectly choreographed to high energy and motivating music. Burn 500 – 1,000 calories per hour!* (*Calorie burn estimate according to Powder Blue Productions.)
<b>YOGA</b>	60 min	✓	✓	✓	Bare feet	Come relax and recharge your body, mind and spirit while building your strength, improving your balance and increasing your flexibility. All fitness levels welcome.
 <b>ZUMBA</b>	55 min	✓	✓	✓	Studio, Jazz sneakers or remove shoes	Zumba™ is a Latin-inspired, dance fitness class that incorporates Latin and international music and dance movements which creates a dynamic, party-like atmosphere! Zumba is a cardio-based dance workout that is appropriate for all fitness levels. Come Join the Party!!



Fitness Level Key: B=Beginner, I=Intermediate, A=Advanced