

Health and Fitness



ZUMBA / MUSCLE MADNESS / ZUMBA TONING / GENTLE MOVES YOGA

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ZUMBA

Let's face it, working out can be healthy, rewarding, beneficial... working out can be lots of things, but to many it's never been known to be much fun...UNTIL NOW! Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! Our goal is simple: We want people to want to work out, and to love working out! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got ZUMBA

4194F	Mon	CERC Gym	9/19-12/5
	9:30-10:30 am	12 Classes	\$72
4195F	Tue	CERC Gym	9/20-12/6
	7:00-8:00 pm	12 Classes	\$72
4196F	Wed	CERC Gym	9/21-12/7
	9:30-10:30 am	11 Classes	\$66
4197F	Thurs	Paint Creek Gym	9/22-12/8
	7:00-8:00 pm	11 Classes	\$66
4194 W	Mon	CERC Gym	1/23-3/26
	9:30-10:30 am	9 Classes	\$54
4195 W	Tue	CERC Gym	1/17-3/27
	7:00-8:00 pm	10 Classes	\$60
4196 W	Wed	CERC Gym	1/18-3/28
	9:30-10:30 am	11 Classes	\$66
4197 W	Thurs	Paint Creek Gym	1/19-3/29
	7:00-8:00 pm	11 Classes	\$66

ZUMBA AND ZUMBA TONING

If you thought ZUMBA was fun, then you have to try this! This fun combo class combines the traditional ZUMBA moves with simple toning moves! Using 3 lb weights or less to safely sculpt and tone your body while incorporating simple Latin and International dance moves. You HAVE to try it and see just how much fun working out can be!

4200F	Wed	Oakview Gym	9/21-12/7
	7:00-8:00 pm	11 Classes	\$66
4200W	Wed	Oakview Gym	1/18-3/21
	7:00-8:00 pm	10 Classes	\$60

FLIRTY GIRL – BOOTY BEAT

Come join our cardio party! This class is inspired by moves seen in dance videos, television shows and clubs. You will be dancing to music you hear on the radio. Each class will build moves into an hour long routine that will sizzle those calories and make them a thing of the past.

4150F	Mon	Webber Gym	9/19-12/5
	7:30-8:30 pm	11 Classes	\$66
4150W	Mon	Webber Gym	1/23-3/26
	7:30-8:30 pm	9 Classes	\$54



MUSCLE MADNESS

Join in the madness by using FUN (yes, FUN!) and creative resistance training to tone and strengthen all the major muscle groups, making your body stronger and more efficient at burning calories! Using a variety of programming and equipment, this class will include a warm up, strength training of all the major muscle groups, and a relaxing stretch at the end. This class is for ALL LEVELS of fitness! Modifications will be given when needed.

4185F	Tue	CERC Gym	9/20-12/6
	8:15-9:00 pm	12 Classes	\$72
4185W	Tue	CERC Gym	1/17-3/27
	8:15-9:00 pm	10 Classes	\$60

GENTLE MOVES YOGA

Take some time near the end of your week to stretch and strengthen those muscles that have worked hard all week. Join in this class as we learn to do simple yoga poses, balance, and meditative breathing. Learning to let go of the tension in our body along with the tension in our mind, while strengthening and stretching our bodies, is the goal of this class! Come learn to live with an attitude of gratitude, be thankful, and just breathe!

4190F	Thur	Paint Creek Gym	9/22-12/8
	8:15-9:00 pm	11 Classes	\$66
4190W	Thur	Paint Creek Gym	1/19-3/29
	8:15-9:00 pm	11 Classes	\$66

NEW CARDIO KICKBOXING

Kickboxing for exercise is energetic, fun and a super way to burn calories to lose body fat. This class will have you throwing jabs, hooks, uppercuts, and crosses to the beat of motivating tunes to keep you going. Burn off the fat – reveal the muscle!



4155F	Thurs	Blanche Sims Gym	9/22-12/8
	7:30-8:30 pm	11 Classes	\$66
4155 W	Thurs	Blanche Sims Gym	1/19-3/29
	7:30-8:30 pm	11 Classes	\$66

CROSSTRaining

Crosstraining for any of Maggie Barclay's classes. Attend as many classes as you would like per week.

4205F	M/T/W/Th	Various Locations	9/20-12/8
		Various Times	\$106
4205W	M/T/W/Th	Various Locations	1/17-3/27
		Various Times	\$96