








AEROBICS

AUG 2010

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>
				
				
Yoga For Athletes Jessica 3:30-4:30pm	Yoga Jessica 3:30-4:30pm	Strength, Balance, Flexibility Jessica 3:30-4:30pm		
Fusion Fitness & Fun (Fx3) Barbara 4:30-5:30pm	Tuesday Mix Chiquet 4:30-5:30pm	Fusion Fitness & Fun (Fx3) Barbara 4:30-5:30pm		Fusion Fitness & Fun (Fx3) Barbara 4:30-5:30pm
Yoga/Pilates Richard 5:45-6:45pm		Yoga/Pilates Lora 5:45-6:45pm	*All Classes have FIP Priority EXCEPT for YOGA*	

CYCLING

AUG 2010

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	Cycling A constant, steady cadence of pedaling with high levels of resistance. Heart rate zone: 75-85%. Builds muscular strength and endurance as well as cardiovascular improvement. Strengthens legs to handle high-intensity training and improves power and climbing ability	
Cycling Ann 5:00-6:00am		Cycling Ann 5:00-6:00am		Cycling Ann 5:00-6:00am
				
			* All Classes have FIP Priority *	
Cycling Al 11:30-12:30pm		Cycling Al 11:30-12:30pm		Cycling Al 11:30-12:30pm
All Terrain/ Interval Funk Chiquet 4:00-5:00pm	SPIN Leigh 5:00-6:00p.m.		Strength Hill Ride "Let's Roll" Chiquet 4:30-5:30pm	