

Harrisonburg Family Fitness CLASS SCHEDULE - FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 30 6-6:50 AM Spin <i>Frank</i> 12:05-1 PM Zumba <i>Melissa</i> 5:25-6:25 PM Zumba <i>Melissa</i> 6:40-7:30 PM Step <i>Donna</i>	January 31 12:05-1 PM Yoga Flex <i>Karen</i> 5:25-6:25 PM Step <i>Miranda</i> 6:35-7:05 PM Core & Conditioning <i>Miranda</i> 7:15-8:15 PM Zumba <i>Melissa</i> 7:15-8:15 PM "Drop a dress size" program-meet in front lobby area! (mandatory)	February 1 6-6:50 AM Training & Conditioning <i>Frank</i> 9:30-10:30 AM Zumba Toning <i>Melissa</i> 5:25-6:20 PM Power Yoga <i>Karen</i> 6:40-7:40 PM Zumba <i>Melissa</i>	2 12:05-1 PM Yoga Flex <i>Karen</i> 5:45-6:30 PM Training & Conditioning <i>Frank</i> 6:40-7:30 PM Shape Up! <i>Frank</i>	3 6-6:50 AM Spin <i>Frank</i> 9:30-10:30 AM Zumba <i>Stephanie</i> 5:25-6:20 PM Power Yoga <i>Karen</i> 6:30-7:30 PM Zumba <i>Kristine</i>	4 9-9:50 AM Step/ Strength Training <i>Donna</i> 10:00-11:00 AM Zumba <i>Stephanie</i>
6 6-6:50 AM Spin <i>Frank</i> 12:05-1 PM Zumba <i>Stephanie</i> 5:25-6:25 PM Zumba <i>Kristine</i> 6:40-7:30 PM Step <i>Donna</i>	7 12:05-1 PM Yoga Flex <i>Karen</i> 5:25-6:25 PM Step <i>Miranda</i> 6:35-7:05 PM Core & Conditioning <i>Miranda</i> 7:15-8:15 PM Zumba <i>Kristine</i> 7:15-8:15 PM "Drop a dress size" program-meet in front lobby area! (mandatory)	8 6-6:50 AM Training & Conditioning <i>Frank</i> 9:30-10:30 AM Zumba <i>Stephanie</i> 5:25-6:20 PM Power Yoga <i>Karen</i> 6:40-7:40 PM Zumba <i>Kristine</i>	9 12:05-1 PM Yoga Flex <i>Karen</i> 5:45-6:30 PM Training & Conditioning <i>Frank</i> 6:40-7:30 PM Shape Up! <i>Frank</i>	10 6-6:50 AM Spin <i>Frank</i> 9:30-10:30 AM Zumba <i>Melissa</i> 5:25-6:20 PM Power Yoga <i>Karen</i> 6:30-7:30 PM Zumba Toning <i>Melissa</i>	11 8:10-8:50AM Shape Up! <i>Frank</i> 9-9:50 AM Step/ Strength Training <i>Donna</i> 10:00-11:00 AM Zumba <i>Stephanie</i>
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"Your total body place.com!"

FEBRUARY Class Schedule

CHECK OUT NEW "FOOD FACTS & DISCUSSION" CLASS BEGINNING TUESDAY, FEBRUARY 21, 7:15 - 7:45 PM

NEW CHILDCARE HOURS:

Monday - Friday

9am - 1pm

4pm - 8pm

Saturday

By appt only
9am - 12pm

NO APPT.
NEEDED!

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NEEDED!



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\$10 OFF
Your first massage!

Holistic Hands Massage Therapy
Located inside
Harrisonburg 24/7 Family Fitness!
Call for your appointment!
(540) 908-7669

Excludes chair massages.
First time customers only. Coupon required.

Classes & instructors subject to change without notice.

INFORMATION AND DISCOUNTS AT
WWW.TOTALBODYPLACE.COM

STEP

A fun, low to high impact cardio workout involving an elevated platform (step). The instructor leads the group through a full body workout with a combination of step routines that are easy to perform and fit for any level of fitness. Improves balance and initiates weight loss. Step with "Strength Training" involves the same step routines but adding in the use of small weights.

NOW SHOWNG IN THE CARDIO CINEMA...

Mon 1-30-12, Wed 2-1-12, Fri 2-3-12	The Break-up
Tue 1-31-12, Thur 2-2-12, Sat 2-4-12	True Grit
Mon 2-6-12, Wed 2-8-12, Fri 2-10-12	Conspirator
Tue 2-7-12, Thur 2-9-12, Sat 2-11-12	Beastly
Mon 2-13-12, Wed 2-15-12, Fri 2-17-12	Morning Glory
Tue 2-14-12, Thur 2-16-12, Sat 2-18-12	Red
Mon 2-20-12, Wed 2-22-12, Fri 2-24-12	I am Number 4
Tue 2-21-12, Thur 2-23-12, Sat 2-25-12	Tron Legacy
Mon 2-27-12, Wed 2-29-12, Fri 3-2-12	A-Team
Tue 2-28-12, Thur 3-1-12, Sat 3-3-12	Bridesmaids

\$10 OFF

Your first massage!

Holistic Hands Massage Therapy

Located inside

Harrisonburg 24/7 Family Fitness!

Call for your appointment!

(540) 908-7669

Excludes chair massages.

First time customers only. Coupon required.

POWER YOGA

A Vigorous workout focusing on strength & Flexibility. It works on balancing, holding and moving through a series of poses that creates better performances in sports, a stronger body and a more focused mind. Uses your own body weight and sometimes bands.

SHAPE UP!

This class is a total body class featuring a variety of movements. This class is great for beginners. The movements are similar to those in "training & conditioning" but without the impact. A good "all-around" class for everyone!

SPINNING® & CYCLING

Indoor cycling class on stationary bikes. The instructor leads you through interval workouts involving hills, sprints, climbs and lifts. You adjust the resistance on the bike to make your workouts harder or lighter. Great for all fitness levels.

ZUMBA TONING

This class teaches you how to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

FOOD FACTS & DISCUSSION

A 30 minute class devoted to helping you learn healthy eating habits. This class is a way to interact with others who have the same questions you do about eating to lose weight, healthy foods, etc. Come with questions to ask!

ZUMBA®

Zumba is a high-intensity, interval style cardio dance class where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. The class gets people moving, laughing, and grooving with each other like no other group class!

This heart-pumping, body-energizing class fuses juicy Latin-flavored dance moves with a little international zest to get you working out and lovin' it!

YOGA FLEX

Holding Positions with a gentle approach. Teaches proper breathing techniques, strengthens core muscles, increase overall flexibility and cultivate strengthen and beauty from the inside out.

CORE & CONDITIONING

A strong core is the foundation for every movement. This boot camp style class takes ab work to the next level. Not just ab work, but a wide variety of total body exercises to challenge every muscle.

Training & Conditioning

This class is a total body class featuring a variety of movements. The class is a higher impact class but all movements can be modified to each individual person. A good "all-around" class!

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