

Harrisonburg Family Fitness CLASS SCHEDULE - October 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 26 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>	September 27 12:05-1 PM Yoga Flex <i>Karen</i> 5:25-6:25 PM Step <i>Miranda</i> 6:35-7:05 PM Abs-ETC. <i>Miranda</i> 7:15-8:15 PM Zumba <i>Melissa</i>	September 28 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>	September 29 12:05-1 PM Yoga Flex <i>Karen</i> 5:45-6:30 PM Training & Conditioning <i>Frank</i> 6:40-7:30 PM Step <i>Donna</i>	September 30 6-6:50 AM Spin <i>Frank</i> 9:30-10:30 AM Zumba <i>Melissa</i> 12:05-1 PM AB-Max <i>Melissa</i> 5:25-6:20 Power Yoga <i>Karen</i> 6:30-7:30 PM Zumba Toning <i>Melissa</i>	1 10:00-11:00 AM Zumba <i>Melissa</i> 12:30-1:30 PM Step <i>Donna</i>
3 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>	4 12:05-1 PM Yoga Flex <i>Karen</i> 5:25-6:25 PM Step <i>Miranda</i> 6:35-7:05 PM Abs-ETC. <i>Miranda</i> 7:15-8:15 PM Zumba <i>Melissa</i>	5 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>	6 12:05-1 PM Yoga Flex <i>Karen</i> 5:45-6:30 PM Training & Conditioning <i>Frank</i> 6:40-7:30 PM Step <i>Donna</i>	7 6-6:50 AM Spin <i>Frank</i> 9:30-10:30 AM Zumba <i>Melissa</i> 12:05-1 PM AB-Max <i>Melissa</i> 5:25-6:20 Power Yoga <i>Karen</i> 6:30-7:30 PM Zumba Toning <i>Melissa</i>	8 10:00-11:00 AM Zumba <i>Melissa</i> 12:30-1:30 PM Step <i>Donna</i>
10 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>	11 12:05-1 PM Yoga Flex <i>Karen</i> 5:25-6:25 PM Step <i>Miranda</i> 6:35-7:05 PM Abs-ETC. <i>Miranda</i> 7:15-8:15 PM Zumba <i>Melissa</i>	12 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>	13 12:05-1 PM Yoga Flex <i>Karen</i> 5:45-6:30 PM Training & Conditioning <i>Frank</i> 6:40-7:30 PM Step <i>Donna</i>	14 6-6:50 AM Spin <i>Frank</i> 9:30-10:30 AM Zumba <i>Melissa</i> 12:05-1 PM AB-Max <i>Melissa</i> 5:25-6:20 Power Yoga <i>Karen</i> 6:30-7:30 PM Zumba Toning <i>Melissa</i>	15 10:00-11:00 AM Zumba <i>Melissa</i> 12:30-1:30 PM Step <i>Donna</i>
17 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>	18 12:05-1 PM Yoga Flex <i>Karen</i> 5:25-6:25 PM Step <i>Miranda</i> 6:35-7:05 PM Abs-ETC. <i>Miranda</i> 7:15-8:15 PM Zumba <i>Melissa</i>	19 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>	20 12:05-1 PM Yoga Flex <i>Karen</i> 5:45-6:30 PM Training & Conditioning <i>Frank</i> 6:40-7:30 PM Step <i>Donna</i>	21 6-6:50 AM Spin <i>Frank</i> 9:30-10:30 AM Zumba <i>Melissa</i> 12:05-1 PM AB-Max <i>Melissa</i> 5:25-6:20 Power Yoga <i>Karen</i> 6:30-7:30 PM Zumba Toning <i>Melissa</i>	22 10:00-11:00 AM NO ZUMBA TODAY! (Breast cancer 5k) 12:30-1:30 PM Step <i>Donna</i>
24 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>	25 12:05-1 PM Yoga Flex <i>Karen</i> 5:25-6:25 PM Step <i>Miranda</i> 6:35-7:05 PM Abs-ETC. <i>Miranda</i> 7:15-8:15 PM Zumba <i>Melissa</i>	26 6-6:50 AM Training & Conditioning <i>Frank</i> 9:30-10:30 AM Zumba Toning <i>Melissa</i> 5:25-6:20 PM NO YOGA...resumes 11/2. 6:40-7:40 PM Zumba <i>Melissa</i>	27 12:05-1 PM NO YOGA...resumes 11/2. 5:45-6:30 PM Training & Conditioning <i>Frank</i> 6:40-7:30 PM Step <i>Donna</i>	28 6-6:50 AM Spin <i>Frank</i> 9:30-10:30 AM Zumba <i>Melissa</i> 12:05-1 PM AB-Max <i>Melissa</i> 5:25-6:20 NO YOGA...resumes 11/2. 6:30-7:30 PM Zumba Toning <i>Melissa</i>	29 10:00-11:00 AM Zumba <i>Melissa</i> 12:30-1:30 PM Step <i>Donna</i>



"Your total body place.com!"

OCTOBER Class Schedule

ZUMBA • POWER YOGA
 TRAINING & CONDITIONING
 SPIN • STEP
 YOGA FLEX • ABS

Need childcare? We offer childcare for all gym, tanning, hair, and nail salon customers! Call 24 hours ahead to reserve childcare - 432-6076 x3.

Always see a profile of our instructors and class schedule online at www.totalbodyplace.com.



Find us on
Facebook

**INFORMATION AND DISCOUNTS AT
WWW.TOTALBODYPLACE.COM**

Classes & instructors subject to change without notice.

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.

YOGA FLEX

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

Abs-ETC

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!

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.

AB-MAX

This class combines stretching and resistance training to all core muscles. Will help to strengthen and develop abdominal muscles. A mixture of equipment is used; swiss balls, dumbbells, medicine balls, and own body weight.

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.

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!

NOW SHOWING IN THE CARDIO CINEMA...

Mon 9-26-11, Wed 9-28-11, Fri 9-30-11	Bruce Almighty
Tue 9-27-11, Thur 9-29-11, Sat 10-1-11	The Dark Knight
Mon 10-3-11, Wed 10-5-11, Fri 10-7-11	Freaky Friday
Tue 10-4-11, Thur 10-6-11, Sat 10-8-11	Good Advice
Mon 10-10-11, Wed 10-12-11, Fri 10-14-11	My Date with Drew
Tue 10-11-11, Thur 10-13-11, Sat 10-15-11	Night of the Sharks
Mon 10-17-11, Wed 10-19-11, Fri 10-21-11	Waitress
Tue 10-18-11, Thur 10-20-11, Sat 10-22-11	Blues Brothers
Mon 10-24-11, Wed 10-26-11, Fri 10-28-11	Catch me if you Can
Tue 10-25-11, Thur 10-27-11, Sat 10-29-11	Knock-around Guys

Bring a friend!
All new members
get one
FREE WEEK!

WWW.TOTALBODYPLACE.COM