

# Harrisonburg Family Fitness CLASS SCHEDULE - MAY 2012



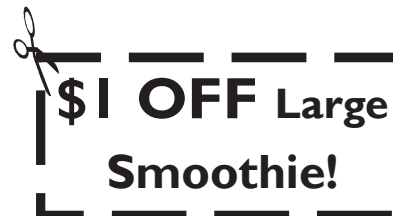
# MAY Class Schedule

**New Spin Class!**  
**Saturdays**  
**9:10-9:50am**  
**Come join us!**



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INFORMATION AND DISCOUNTS AT  
[WWW.TOTALBODYPLACE.COM](http://WWW.TOTALBODYPLACE.COM)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>APRIL 30</b> 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>Miranda</i> 7:40-8:40 PM Zumba <i>Melissa</i>	<b>MAY 1</b> 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>	<b>2</b> 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>	<b>3</b> 6-6:50 AM Zumba <i>Stephanie</i> 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>	<b>4</b> 6-6:50 AM Spin <i>Frank</i> 9:30-10:30 AM Zumba <i>Melissa</i> 5:25-6:20 Power Yoga <i>Karen</i> 6:30-7:30 PM Zumba <i>Melissa</i>	<b>5</b> 8:10-8:50 AM Shape Up! <i>Frank</i> 9:10-9:50 AM Spin <i>Frank</i> 10:00-11:00 AM Zumba <i>Melissa</i>
<b>7</b> 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>Miranda</i> 7:40-8:40 PM Zumba <i>Melissa</i>	<b>8</b> 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>	<b>9</b> 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>	<b>10</b> 6-6:50 AM Zumba <i>Stephanie</i> 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>	<b>11</b> 6-6:50 AM Spin <i>Frank</i> 9:30-10:30 AM Zumba <i>Melissa</i> 5:25-6:20 Power Yoga <i>Karen</i> 6:30-7:30 PM Zumba <i>Melissa</i>	<b>12</b> 8:10-8:50 AM Shape Up! <i>Frank</i> 9:10-9:50 AM Spin <i>Frank</i> 10:00-11:00 AM Zumba <i>Melissa</i>
<b>14</b> 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>Miranda</i> 7:40-8:40 PM Zumba <i>Melissa</i>	<b>15</b> 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>	<b>16</b> 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>	<b>17</b> 6-6:50 AM Zumba <i>Stephanie</i> 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>	<b>18</b> 6-6:50 AM Spin <i>Frank</i> 9:30-10:30 AM Zumba <i>Melissa</i> 5:25-6:20 Power Yoga <i>Karen</i> 6:30-7:30 PM Zumba <i>Melissa</i>	<b>19</b> 8:10-8:50 AM Shape Up! <i>Frank</i> 9:10-9:50 AM Spin <i>Frank</i> 10:00-11:00 AM Zumba <i>Melissa</i>
<b>21</b> 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>Miranda</i> 7:40-8:40 PM Zumba <i>Melissa</i>	<b>22</b> 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>	<b>23</b> 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 5/31. 6:40-7:40 PM Zumba <i>Melissa</i>	<b>24</b> 6-6:50 AM Zumba <i>Stephanie</i> 12:05-1 PM NO YOGA - Resumes 5/31. 5:45-6:30 PM Training & Conditioning <i>Frank</i> 6:40-7:30 PM Shape Up! <i>Frank</i>	<b>25</b> 6-6:50 AM Spin <i>Frank</i> 9:30-10:30 AM Zumba <i>Melissa</i> 5:25-6:20 NO YOGA - Resumes 5/31. 6:30-7:30 PM Zumba <i>Melissa</i>	<b>26</b> 8:10-8:50 AM Shape Up! <i>Frank</i> 9:10-9:50 AM Spin <i>Frank</i> 10:00-11:00 AM Zumba <i>Melissa</i>
<b>28</b> <b>CLOSED FOR                      MEMORIAL DAY!</b>  Want to workout anyway? Add 24/7 access for just \$5 per month!	<b>29</b> 12:05-1 PM NO YOGA - Resumes 5/31. 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>	<b>30</b> 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 5/31. 6:40-7:40 PM Zumba <i>Melissa</i>	<b>31</b> 6-6:50 AM Zumba <i>Stephanie</i> 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>		

Classes & instructors subject to change without notice.

## 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.

## 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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### NOW SHOWNG IN THE CARDIO CINEMA...

Mon 4-30-12, Wed 5-2-12, Fri 5-4-12	Santum
Tue 5-1-12, Thur 5-3-12, Sat 5-5-12	What If
Mon 5-7-12, Wed 5-9-12, Fri 5-11-12	Dylan Dog Dead of Night
Tue 5-8-12, Thur 5-10-12, Sat 5-12-12	Live Fast, Die Young
Mon 5-14-12, Wed 5-16-12, Fri 5-18-12	The Bank Job
Tue 5-15-12, Thur 5-17-12, Sat 5-19-12	GraceCard
Mon 5-21-12, Wed 5-23-12, Fri 5-25-12	Men of Honor
Tue 5-22-12, Thur 5-24-12, Sat 5-26-12	The Ultimate Gift

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## 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!

## 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!

## 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.

## 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.

## 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.

## 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.

## 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.