

Dogtown Club Fitness

Group Exercise Schedule

Effective February 15, 2012

Phone number (314) 732-0529

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6 a.m. Turbo Kick Marissa					
	9:00 a.m. Yoga Gloria (M)				7:45a.m. Yoga Gloria	
9:00a.m. Muscle works Melanie (M)	10:00 a.m. Hip Hop Hustle Marissa (M)	9:00a.m. HipHop Hustle Marissa (M)	9:15a.m. Muscle Works Robin (M)	9:00a.m. Cardio Mix Nancy (M)	9:00a.m. Stepa.m. Robin/Jenny (M)	
10:00a.m. Kickboxing Drills Melanie (M)	4:30p.m. Zumba Carine (M)		10:15a.m. Step Robin (M)	10:00a.m. Piloga Nancy (M)	10:00a.m. Muscle works Robin (M)	11:00 a.m. Yoga Gloria
6:00 p.m. Step Jenny (M)	5:30p.m. Cardio Mix and Muscle Melanie (M)		4:30p.m. Piyo Marissa (M)		11:00a.m. Zumba Laura/Relanda (M)	
7:00 p.m. Muscle Works Jenny (M)	6:30p.m. Yoga Rhonna (M)	6:00 p.m. Zumba Sue (M)	5:30p.m. Zumbatone Carine (M)			
8:00 p.m. Yoga Anna	7:30p.m. Dynamics DFM trainers	7:00 p.m. Yoga Gloria (M)	6:30p.m. Step and Muscle Jill (M)			

All classes one hour unless otherwise noted. Class level codes: M=mixed A=advanced, I=intermediate. B=beginner
Please call club to confirm as schedule is subject to change. You may also check the website www.clubfitness.us

Class Descriptions:

Step: Cardio work out using the step. Can be low or high impact. Burn calories, burn fat and have fun!

Kickbox: Find your inner power as you kick and punch your way to a more fit, more empowered YOU! Quite a calorie burner!

Cardio Dance: get your heart rate up and burn calories while you dance with easy to follow dance moves

Yoga: Learn the primary postures, proper breathing, and relaxation techniques.

Cardio Mix: A FUN blend of any type of cardiovascular work (low/high impact, step, boxing, drills) to burn calories and sweat!

Floor, Core and More: Target your core muscles (abs, back, trunk) with moves to strengthen and tone. Then take time to lengthen and stretch all body muscles for flexibility.

Hip Hop Hustle A choreographed combination of fitness & dance moves that anyone can do. Bring your fun attitude & smile & dance the pounds off! (note: this may be substituted out as a different type of cardio class if needed)

Step and Muscle: Combines cardiovascular step training with resistance training so you burn calories and tone muscles!

Butts and Guts: Strengthen and tone the abdominal and gluteal muscles by using body weight for resistance and strength training equipment (wts., tubing, stability balls, etc.) through a series of challenging exercises.

Dynamic Blast Class with DFM Trainers-A mix of cardio interval training, resistance training, complex movements and core strength to burn a maximum amount of calories and have fun.

Zumba: Dance your way to a fitter you; exciting & unique LATIN moves & rhythms

Zumbatone: Dance to Latin moves and tone up the body with fun muscular exercises.

Pilates: Combination of movements to get the abs & core muscles stronger while assisting with some flexibility & muscle control.

Muscle Works: Work and tone all major muscle groups of the body.