



barbelle
Real fitness for women

Welcome to Barbelle! We take pride in our group fitness classes. We encourage you to work at your preferred level of intensity. All instructors are available for questions and to provide you the appropriate guidance and support.

Updated as of (11-1-11)

Group Fitness Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am			SPIN				SPIN
8:00 am							Step/Core & More
8:30 am					SPIN		
8:30 am				Wednesday Morning Blast!			
9:00am							Nautilus Room Orientation
9:30 am						FUSION	
9:45 am							
10:30am				Simple Stretch		Beginner Body Flow	
4:00 pm							
4:30pm							
5:30 pm		Step/Core & More					
5:30 pm				SPIN	SPIN		
6:45 pm							
6:45 pm			SPIN				

****See Class Descriptions on the Reverse side of this sheet****

www.barbellefitness.com

Class Descriptions

SPIN

This class takes place in our exclusive cycling studio and consists of 45 minutes of cardio, strength and endurance training on our StarTrac stationary cycles. This class is designed for all fitness levels.

BODY COMBAT

This 45 minute class is high powered! A combination of martial arts moves (kicks, punches) and a wicked blend of cardio will leave you spent.

BODY PUMP

This class is a 60-minute barbell program designed to strengthen all of the major muscle groups. Packed with fantastic music and moves like squats, lunges, presses and curls it is a class for any age and fitness level.

Wednesday Morning BLAST!

This 90 minute class combines step, core training and Resista Ball work. Come for the FULL 90 minutes or just jump in the last ½ hour!

FUSION

This class is a great place to start. A little bit of everything...it's 60 minutes of low impact cardio, muscle conditioning, stretching and tons of good fun.

BODY FLOW

This 1 hour of Yoga, Tai Chi and Pilates builds flexibility and strength and leaves you feeling centered and calm.

Step/Core & More

This 1-hour cardio class combines step, core training and more. A fun, full-body workout for all levels!

Zumba!

This 60 minute dance class will rock your world! Exciting dance moves provide plenty of cardio mixed with tons of fun.

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