









PEAK

December

Fuquay Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00 or 9:30 AM	 Step w/Kate		 Zumba w/ Erin	 Yoga w/ Jennifer	 Step-n-Sculpt w/ Angie	 9:00 w/ Nancy		
10:00 AM						 10:00 w/ Pat		
1:00 PM	 1-5 Basketball Pick up Games		 1-5 Basketball Pick Up Games		 1-5 Basketball Pick up Games	 Tang Soo Do 11:15 - 12:45	 NEW TIME	
6:00 PM	 Step-n-Sculpt w/Nancy	 Zumba w/ Erin	 The Zone - Kate	 Circuit w/Tim	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>NO PM Clases Thursday, December 24th or the 31st NO CLASSES Friday, Dember 25 or Saturday, December 26</p> </div>			
7:00 PM	 Yoga w/ Jennifer	 Tang Soo Do	 Yoga w/ Jennifer	 Tang Soo Do				

PEAK

getting to know your classes



SCULPTING is a group personal training session. Strengthen all your major muscles in an inspiring, motivating group environment. Learn proper technique and form for athletic movements such as squats, lunges, presses and curls. Sculpting is for all ages and fitness levels.



Circuit Training A total body workout alternating between basic athletic type cardio moves and weight training. All fitness levels welcome.



STEP Includes a combination of step aerobics and strength training using weights and/or your own body resistance. A great total body workout!



YOGA Relax your mind while strengthening your body! Try this great non-aerobic class that will increase your flexibility and rejuvenating your spirit with the postures, and breathing techniques of yoga. Achieve total peace and harmony with this great full body workout. Please bring a yoga mat to class. This class is 60 minutes.



fusion

FUSION Experience the benefits of both Yoga and Pilates. The controlled flow of Yoga with the centering and focus of Pilates. Strength & Flexibility. All ages and fitness levels welcome.



ZUMBA The hottest new workout. A low impact aerobic fitness class incorporating salsa moves to Latin music. Dynamic, Effective, Exciting. Designed for everyone, every shape, every age, every fitness level. Beginner to advanced



INTERVAL TRAINING is a step class with short bursts of high intensity exercises. Interval training burns high amounts of fat and calories, strengthens the heart, works both the aerobic and anaerobic systems, and increases your training intensity without overtraining. This class is recommended for all fitness levels.



Tang Soo Do Adults classes are an extra fee. Moo Son Tang Soo Do is a certified World Tang Soo Do School. Tang Soo Do is a traditional Korean Martial Art. For more information contact Liz Francis @ 919-337-6409 mooson@nc.rr.com

club information

Fuquay Peak Fitness
1310 Broad Street
Fuquay Varina
567-9373

www.peakfitnessclubs.com

Child Care Hours:
Monday thru Saturday 9:00 am – 1:00 pm
Monday thru Thursday 4:00 pm–8:00 pm
Friday 4:00pm - 7:30 pm

Club Hours:
Monday - Thursday 5:00a m – 11:00 pm
Friday 5:00 am - 8:00 pm
Saturday 8:00 am - 8:00 pm
Sunday 9:00 am – 7:00 pm

NO PM CLASSES
Thursday, December 24 or 31
NO CLASSES

Friday, December 25 or Saturday, December 26

group fitness coordinator
Nancy Hulbert
nancypeakfitness@yahoo.com