


































PEAK FITNESS

JANUARY 2010

Pineville Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	 NEW! Step w/ Miki	 w/ Jackie	 Discover Results!	 w/ Kelly	NO CLASSES Jan 1st & 2nd	 8:30 AM 9th Susan, 16th Karmen, 23rd LAUNCH @ 9:00 , 30th Kelly
9:30 AM M/W/F 9:35 AM T/Th	 Yoga w/ Linda	 Step w/ Jackie	 BodyFLEX w/ Linda	 NEW! 20/20/20 w/ Leslie	 Yoga w/ Linda	
10:30 AM	 BodySculpt w/ Linda		 BodySculpt w/ Linda	 AWESOME NEW CLASS! 20 min cardio 20 min sculpt 20 min abs	 BodySculpt w/ Linda	 Hip Hop Hustle
4:45 PM	 Pilates w/ Denise	 NEW! Yoga w/ Nicole	 Pilates w/ Denise			 Hip Hop Hustle 9:45 AM
5:45 PM	 Cycle w/ Tara or LeighAnn	 Kickboxing w/ Tina		 NEW! Kickboxing w/ Leslie	 NEW! Cycle w/rotating instructors	 Hip Hop Hustle 9:45 AM HH Hustle 9th Tina, KB 16th Leslie, 23rd NO CLASS , KB 30th Tina
6:00 PM		 New Time!	 Cycle w/ Vicky @6:00			
6:45 PM M/T/Th 7:00 PM Wed	 Funky Fit w/ Julie	 w/ Kelly	 BELOW THE BELT w/ Vicky (30 min)	 w/ Karmen		
7:30 PM		 New Time!	 Funky Fit w/ Carla		Join us for the JANUARY 2010 Launch of Group Power! January 23rd @ 9:00AM	

Getting to know your classes



GROUP POWER® is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!



BELOW THE BELT- Get ready for the burn. Work your problem areas below the belt. You will love the results you see in the mirror! Low impact for all levels. 30 minutes



KICKBOXING A cardiovascular fitness class designed to teach you how to safely jab, punch, uppercut and kick your way into shape. Class is not designed for self-defense, just fun, fun, fun!



CYCLE Pedal your way through a great cardiovascular workout with our cycle team at Peak! Cycle indoors and enjoy the non-impact workout! Everyone is welcome to ride with us, all levels of fitness and experience.



FUNKY FIT -N'shape with N's Nettie Reeves choreographs these Funky Fit routines that include invigorating moves that equal versatile, hip, positive fun. But don't let the FUN fool you. This class will have you in definite cardio mode without watching the clock.



ABSOLUTE ABS Utilizing major and minor muscle groups of the abdominals and lower back, learn to strengthen and tone your stomach by performing crunches, isolation work, and using small weights. This 15 minute intense workout focuses on tightening, trimming, building and strengthening the abdominal muscles.



YOGA Relax your mind while strengthening your body! Try this great non-aerobic class that will rejuvenate your spirit with the postures and breathing techniques of Yoga. Achieve total peace and harmony with this great full body workout.



BODYFLEX is a combination of stretching and balance exercises that strengthens the body, and challenges the mind. Easy on the knees making this a great alternative to regular yoga classes. Have fun while lengthening and increasing the flexibility in your joints and muscles. Great for the beginner or even the most serious body builder. 60 minutes.



PILATES A series of exercises based on the work of Joseph Pilates designed to strengthen and lengthen muscles with special focus on the core. Pilates is an excellent non-aerobic form of body conditioning and training that anyone can do regardless of age or ability. It targets the deep postural muscles. The aim is a long, lean, strong body.



BODY SCULPT Strength training class using weighted barbells, dumbbells, balls, bands and other equipment designed to increase your overall muscle tone and burn more calories throughout the day!



STEP Always a great cardio workout! This class begins with a traditional warm-up followed by a high intensity aerobic session using the platform. By adjusting the step height and/or intensity level, all fitness levels should be able to participate.



HIP HOP HUSTLE It's so much fun that most participants don't care about the health benefits! The success of Hip Hop Hustle™ is based on a dynamic, yet basic approach designed to match the needs of everyone in the room with small changes that make the moves easier or more difficult depending on your comfort level. So, if you can Hustle . . . You can Hip Hop Hustle™.

PINEVILLE

Pineville Peak Fitness
8500 Pineville Matthews Rd.
Pineville, NC 28226
(704) 341-1314

Club Hours:

Mon-Fri 5:00am – 11:00pm
Saturday 8:00am – 6:00pm
Sunday 9:00am – 5:00pm

Child Care Hours:

Monday, Tuesday, Thursday & Saturday mornings
8:15 am – 12:00 pm
Wednesday & Friday mornings
9:00 am – 1:00 pm
Monday through Friday evenings
4:30 pm – 8:30 pm



Pineville is proud to offer you these new classes!

Monday 8:30 AM **STEP** with Miki
Tuesday 4:45 PM **YOGA** with Nicole
Thursday 9:35 AM **20/20/20** with Leslie
Thursday 5:45 PM **KICKBOXING** with Leslie
Friday 5:45 PM Free-style **CYCLE**

Join us for the
GROUP POWER JANUARY 2010 LAUNCH
January 23rd @ 9:00AM!

Questions or concerns? Please contact Pineville's Group Program Director

Kelly Johnson at email- kelljohnsn@yahoo.com

All classes with consistent low numbers are subject to change.