



February

University Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	 Cycle w/Matt	 GROUP RIDE w/Stacey	 GROUP RIDE w/Laurie	 Cycle w/Jeff	 GROUP RIDE w/Stephanie	 w/Julie @ 9:00am No classes Feb. 20th	12:00pm Cycle/Group Ride
9:30am (9:00am on Tues.)	 GROUP POWER w/Stephanie	 Pi/Yo w/Angie	 GROUP POWER w/Laura		 GROUP POWER w/Stephanie	 9:00am Cycle GROUP RIDE	 GROUP RIDE
10:30am	 GROUP RIDE w/Fabi	 New Class	 Step Express w/Laura		 Abs w/Stephanie	6th Jeff, 13th Jean, 20th no class, 27th DeeDee	7th Diana, 14th Monica, 21st No Class, 28th Sonya
(12:00pm Mon.) 5:00pm	 12:00pm Cycle w/Thomas	 Abs w/JD		 Abs w/Stephanie	 No Classes Feb. 19th	10:15am GROUP POWER w/Jaimee or Fabi @ 12:00 21st No Class	 ZUMBA FITNESS w/Jaimee or Fabi @ 12:00 21st No Class
5:30pm (6:00pm Mon)	 6:00pm Cycle w/Jeff or Jean	 GROUP RIDE w/Patty F.	 GROUP RIDE w/Fabi	 GROUP RIDE w/Laurie	 6th Barbara, 13th Julie, 20th No Class, 27th DeeDee	 YOGA 1:00pm w/Michelle 21st No Class	
5:30pm (5:45pm Fri.)	 GROUP POWER w/DeeDee	 Step w/Jamiee or Monique	 GROUP POWER w/Jenn J.	 Kickboxing w/Rick	5:45pm Athletic Conditioning w/Rick @ 5:45pm	Winter 2010 Launches We hope you enjoyed the new Group Power and Group Ride Releases. Power Up, and Ride On!!	
6:30pm	 w/DeeDee	 Funky Fit w/Latrice	 Kickboxing w/Robert	 BB 30 min. Booty/Belly w/Veronica			
7:30pm Mon/Tues/Wed and 7pm Thurs.	Pilates w/ Patti A. @ 7:30pm	 ZUMBA FITNESS w/Fabi @ 7:30	YOGA w/Stephanie H. @ 7:30pm	 New Class w/Monique @ 7:00pm			

Getting to know your classes



GROUP RIDE Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On! (X-Press class 40min)



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!



Turbokick/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 is a fun, athletic, cardiovascular cycling workout that burns up to 600 calories per hour. If you can ride a bike, you can spin. Don't think that you need to be a world class cyclist or triathlete to enjoy "the ultimate calorie burner."



STEP Includes a combination of step aerobics and strength training using weights and/or your own body resistance. A great total body workout! This class is 60 minutes.



ABDOMINAL TRAINING Utilizing major and minor muscle groups of the abdominal and lower back, learn to strengthen and tone your mid-section by performing crunches, isolation work, and resistance training. This class is 30 minutes.



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. You will be addicted! No impact, low



ZUMBA is a fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.



BOOTY&BELLY - Get ready for the burn. Work your problem areas and you will love the the results you see in the .mirror. (30min)



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™.



ATHLETIC CONDITIONING The class combines plyometrics , will power with a dash of challenge to create a better body. A great strength training workout with a cardiovascular component to round out the experience.



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. This class is 60 minutes.



PILATE'S Strengthen, lengthen, and tone your posture and enjoy the benefits of improved respiratory function. The ultimate abdominal and back strengthening workout. This class is 60 minutes.



PIYO - FUSION A fusion for the yoga and pilates lover! This class is a wonderful combination of Yoga, Pilates, and cardio for a full spectrum workout!

Club Information

**University
Z Max Fitness**
8109-A University City
Blvd.
Charlotte, NC 28213

Club Hours:

Monday 5:00am –
Saturday 5:00pm
Sunday
9:00am – 5:00pm

Child Care Hours:

Monday thru Friday 9:00am–1:00pm
Monday thru Thursday 4:30pm–8:30pm
Saturday 9:00am – 12:00pm

Attention Members

There will be no Classes

Friday Feb. 19th-

Sunday Feb. 21st

due to a Certification Workshop.

Classes will resume Mon. Feb. 22nd

Group Program Director

Jen Baucom

jbaucom@peakfitnessus.com