












PEAK

September

Clemmons Peak Group Fitness Program

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM	CPR class each Monday at 11am & 6 pm. See front desk for details.	 Cycle w/ Nick		 Cycle w/ Nick		
8:30AM		 w/ Kelly			 Cycle w/ Alison (no class 9/4)	
9:30AM	 Cycle w Tracy (no class 9/7)	 Step w/ Kelly	 Bootcamp w/ Alison	 Interval Training w/ Kelly	 Versa Train- Kelly (no class 9/4)	9:00 Step w/ Hoyt (no class 9/5)
10:30AM	 Pilates w/ Tracy (no class 9/7)		 Pilates w/ Alison	 w/ Anglea		9:15 
5:30PM	 w/ Kelly (no class 9/7)	 Zumba w/ Deede	 w/ Teresa			cycle w/ Teresa (12) Nick (19) Jessica (26) (no class 9/5)
5:45PM	 Cycle w Alison (no class 9/7)		 Cycle w/ Tracy	 Cycle w/ Brian		10:00 
6:00PM				 w/ Stacie(3,24) Kevin (10) Greicy(17)		w/ Teresa (12) Angela (19) Jenn (26) (no class 9/5)
6:30PM	 Kettlebell Pump w/ LaVan \$3 6:30-7:00 (no class 9/21)	 w Jessica		 Kettlebell Pump w/ LaVan \$3 7:00-7:30		

PEAK

getting to know your classes



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.



Pilates

PILATES Strengthen, lengthen, and tone your posture and enjoy the benefits of improved respiratory function. The ultimate abdominal and back strengthening workout.



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



BOOTCAMP 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.



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."



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.



VERSA TRAIN will take you through circuits of cardio intervals, strength training moves for the upper and lower body and abdominal core work. An overall body workout! This class offers many options and is for all levels.



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!!



KETTLEBELL PUMP 40 minutes of heart pumpin'- weighted cardio designed to make you sweat! Every muscle will work as we groove to the cardio beat!! This class is designed to get you in and out with a quick, effective, all over workout! You will be challenged and you will love it!! Beginners welcome!! Come join the fun-just Bring Your Own Bell!!!!

ABOVE ARE CLASS TYPES AND DESCRIPTIONS THAT WE STRIVE TO OFFER AT THIS PEAK LOCATION. IF A CLASS TYPE IS OMITTED OR NOT OFFERED ON THIS SCHEDULE YOU CAN ENTRUST WE ARE WORKING ON THE AVAILABILITY FOR FORTH COMING MONTHS.

club information

Clemmons Peak Fitness
6221 Ramada Drive
Clemmons, NC 27012
(336) 712-2021

Child Care Hours:

Monday thru Friday 8:30am - 12noon
Monday thru Thursday 4:30pm - 8:30pm
Friday 4:30pm - 7:30pm
Saturday 9:00am - 12:00pm

Club Hours:

Mon thru Thursday 5:00am - 11:00pm
Friday 5:00am-8:00pm
Saturday 8:00am - 6:00pm
Sunday 10:00am - 5:00pm

Need a CPR Certification????

Call Gwen at 210-0747

Gwen is a CPR & First Aid

Instructor for the American Heart Association

She offers CPR certifications and renewal every Monday at 11 am & 6 pm. Call to reserve your spot.

Please contact Kelly Horvath at chorvath@triad.rr.com with any group fitness questions or concerns.