

















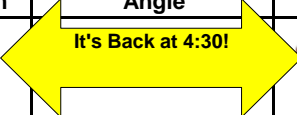


















PEAK

OCTOBER

Peak Fitness Concord

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30- M / W / F / S 8:45- T / TH	 Cardio Blast -Laura	 Awesome ABS -Angie	 Michelle	 Awesome aBS -Angie	 Step w -Laura	 Saturday 8:30 Training Ride-John
9:15 AM	 Angie	 Angie	 Angie	 Crystal	 Laura	 Saturday 9am
10:30 AM (Tues9:30AM)	 10:30 MSROM -KIM	 9:30 SS yoga-Kim	 10:30 CardioCircuit-Angie	 10:30 SS yoga-Crystal	 MSROM -Crystal	3rd Zumba-Cathie, 10th BTS Launch, 17th KB-Rick, 24th Zumba- Cathie . 31st Funky Halloween Dance
4:30PM		 Mariko	 It's Back at 4:30!	 Mariko		 Saturday 10:00am
5:30PM Studio I	 AC&15minABS-Angie	 Kim / Evelyn	 Cathie- Zumba	 Mariko		3rd-Mariko, 10th BTS Launch, 17th Mariko, 24th Angie, 31st Halloween Dance Party
5:30PM Studio II	 Rotate Monica/Crystal	 G.Ride-X -Mariko	 Yvonne -Cycling			<p style="text-align: center;">BTS Launch Saturday October10th! Get Your Rx for Good Health!</p> <p style="text-align: center;">October 10th 8:30am Group Ride 9:45 am Group Power</p>
6:15PM		 John		 Awesome Abs (15min) - Mariko		
6:25PM M / W 6:30PM Tues.	 Casi	 Rotate Barbi/Casi	 Casi			
7:35pm	 Funky Fit- Grace		 Funky Fit -Sheridan			

PEAK

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!



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



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



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)



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



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.

YOGA



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 impact & high impact versions demonstrated.



AWESOME 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 30 minute intense workout focuses on tightening, trimming, building and strengthening the abdominal muscles. Awesome Abs



CARDIO BLAST A group exercise class designed to burn those unwanted calories and give you the tone you want. We will alternate between stationary cardio, low-impact cardio and step. This class is 45 minutes



ZUMBA - Zumba is a fun, effective, and simple way to maximize caloric output, fat burning, and total body toning. The sexy and explosive Latin rhythms create a party-like atmosphere that delivers results as well as a "feel happy" workout.

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 FORTHCOMING MONTHS.

club information

Concord Peak Fitness
929 S Concord Parkway - Unit G
Concord, N.C. 28027
(704) 795-6000

Child Care Hours:
Mon thru Fri 8:30am-12pm
Mon thru Thurs 4:00pm - 8:30pm
Friday Evenings 4:00pm - 7:30pm
Saturday 8:30am - noon

Club Hours:
Monday-Friday 4:30am -11pm
Saturday 5am- 5:00pm
Sunday 9:00am - 5:00pm

Group Program Director:
Angie Austin
aajan27@ctc.net

**BTS
Launch
October
10th**

Rx:
**Handling a stressful world and
the demands of everyday life can
be overwhelming. This
Prescription can mbe your best
medicine.**
DO IT FOR YOURSELF!

**Join us for the BTS Group Ride
and Group Power Launch on
October 10th...**
**Get your Prescription for Good
Health!**