




















# PEAK

## October

## 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	
6:00 PM	 Step-n-Sculpt w/Nancy	 Zumba w/ Erin	 The Zone - Kate	 Circuit w/Tim			
7:00 PM	 Yoga w/ Jennifer	 Tang Soo Do	 Yoga w/ Jennifer	 Tang Soo Do			

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## 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 wieght trainiing 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** 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 moonson@nc.rr.com

## club information

**Fuquay Peak Fitness**  
1310 Broad Street  
Fuquay Varina  
567-9373  
[www.peakfitnessclubs.com](http://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

group fitness coordinator  
Nancy Hulbert  
[nancypeakfitness@yahoo.com](mailto:nancypeakfitness@yahoo.com)