























October

PEAK FITNESS

Harrisburg Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	 w/Jen	 Step w/Angie	 w/Jen	 Step w/Jen	 w/Jen	9:00am 
10:00am (Tues. at 10:30am)	 w/Sonya	Pilates YOGA 10:00 Pilates, 10:30 Yoga w/Angie	 w/Jen	 15 min. Abs w/Jen	 w/Jen	3rd Benefit for Bobbi Jo, 10th Launch, 17th Barbara, 24th Katie, 31st Mariko
4:30pm		 w/Fabi			Please join us on Saturday October 3rd to raise money for Bobbi Jo Carpenter, in the loss of her husband. She has been an instructor for Peak for over 5 years and is loved by so many. Please come out and show your support!	10:00am  
5:15pm	 Funky Fit w/Lakeisha	 w/Sonya	 Funky Fit w/Lisa	 w/Sonya		3rd Benefit For Bobbi Jo, 10th Group Ride launch, 17th Step Barbara, 24th Kickbox Thomas, 31st Group Ride Mariko
6:15pm	 Kickbox w/Robert	 w/Jennifer J.	 Step w/Thomas	 w/Barbara	Fundraiser Saturday Oct. 3rd for Bobbi Jo, in the loss of her husband Kenny 9:00 Group Ride w/Stacey & Funky Fit w/Lakeisha 10:00 Group Power w/Barbara & Cycle w/Jeff & Diana 11:00 Zumba w/Fabi & Cycle w/Thomas 12:00 Pilates/Yoga w/Angie & Cycle w/Jean Donations are graciously accepted! Free Food and Prizes! These classes are open to the public; please invite everyone you know to help raise money for Bobbi Jo and her family!	
7:15pm				 w/ Fabi		

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 impact & high impact versions demonstrated.



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

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.



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.



PILATES 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.

Club information

Harrisburg Peak Fitness
5650 Highway 49th South
Harrisburg, NC 28075
(704) 454-7000

Child Care Hours:

Monday - Friday 8:30am–
 11:30am
 Monday - Thursday 4:00pm–
 8:00pm
 Saturday
 9:00am – 12:00pm

Club Hours:

Monday -Friday
 5:00am-11:00pm
 Saturday
 8:00am-6:00pm
 Sunday
 10:00am – 5:00pm

Fall 09 Launch
Saturday October 10th
9:00 Group Power



10:00 Group Ride



Group Program Director
 Jen Baucom

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