

PEAK FITNESS

October



Lake Norman Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45AM	 Cycle w/ Bonnie	 w/ Bonnie	 Cycle w/ DeeDee	 w/Candace		 9:00AM 3rd- Karen, 10th- Fall 2009 LAUNCH- DeeDee & Bonnie, 17th- Candace, 24th- Bonnie, 31st- Brian	12:00noon Pilates	
9:30AM	 Candace		 w/ Bonnie		 Candace		4h- Jen, 11th- Amanda, 18th- Amanda, 25th- Amanda	
10:00AM- Tues/Thurs 10:30AM- Wed		 Cycle & Core w/ Bonnie- 10am	 YOGA w/ Meg- 10:30am	 Cycle & Core w/ Bonnie- 10am				
5:45PM	 Step w/ Laurie(45min)		 Athletic Cond. w/ DeeDee(45 min)			 10:15AM		
6:00PM		 Kickboxing w/ Deedee	 Cycle w/Laurie	 Step w/Laurie Cycle w/ Mandy/Lynda		 CYCLE 3rd- Mandy, 10th- DeeDee, 17th- Lynda, 24th- Lynda, 31st- Mandy		
6:30PM	 w/ Brian Cycle w/Laurie		 w/ DeeDee			 FALL 2009 LAUNCH! Sat Oct 10, 9:00am 		
7:00PM		 Cycle w/ Deedee Monica or Nikkie		 w/ Brian				
7:35 PM	 Yoga w/ Tammy		 Pilates w/ Amanda				NEW CLASS TIME: Wed evening Cycle now begins at 6:00pm	

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!



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!! This class is 60 minutes.



STEP- A great total body workout! Using the step and your own body weight for resistance, learn fun and challenging combinations of movements that will get your heart pumping. This class is 40 minutes on Mondays evenings and 60 minutes on Thursday evenings.



ATHLETIC CONDITIONING The class combines sports drills, plyometrics, will power, and a dash of challenge to create a better body. A great strength training workout with a cardiovascular component to round out the experience. This class is 45 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.



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." This class is 45 minutes.



CYCLE & CORE - 45 minutes of a great cardiovascular cycling workout followed by 15 minutes of core work to strengthen and tone the abdominals and lower back. This class is 60 minutes total.



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. This class is 60 minutes.



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

Lake Norman Peak Fitness
20420 W. Catawba Ave.
Cornelius NC 28031
(704) 895-8100

NEW Club Hours:
Monday - Friday: 5am -11pm
Saturday: - 8am - 6pm
Sunday: 10am - 5pm

Child Care Hours:
Mornings:
Mon thru Friday 8:30am-12:00noon
Saturday 8:30am - 12:00pm
Evenings:
Mon&Wed 4:00pm-8:00pm
Tues&Thurs 4:00pm-8:00pm

All classes with consistent low numbers are subject to change.