

PEAK

October 09'



Laurens Rd. Group Fitness Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>It's LAUNCH TIME!</p> <p>New Music New Moves 60 minutes 10 songs</p> <p>TOTAL BODY WORKOUT</p> <p>What you can expect - the class format: Warm Up Legs Chest Back/Glute/Ham Triceps Biceps More Legs Shoulders Abs Stretch</p>	5:45AM	INTENSE-BODY Elvis @6am (limited to 15 participants)	 Cycle w/ Melody		INTENSE BODY AND Elvis&Melody (Boot Camp @ 6am, limit 15)		8:30am CYCLE : 10.3 - Melody 10.10 - Tracy 10.17 - Renee 10.24 - Renee 10.31 - Jennifer R.
	8:30AM			 Cycle w/ Beth F.			9:30am POWER: 10.3 - Melody 10.10 - Kristin 10.17 - Michele 10.24 - Michele 10.31 - Jennifer R.
	9:00AM	Body Sculpt Theresa	 Interval Step w/ Suzan	 Jennifer	 Step & Abs w/ Beth Fowler	METABOLISM METHOD Theresa & Beth F.	
	12:15PM		 Shed & Tread w/ Theresa (45 min)		 Shed & Tread w/ Theresa (45 min)		10:30am YOGA 10.10 - Donna 10.17 - Michele 10.24 - Michele 10.31 - Donna
	5:30PM	 Michele	 Beth E.	 Melody	 Step, Kick & Abs w/ Theresa		
	6:00PM	 Cycle w/ Tracy	 Cycle w/ Renee	 Cycle w/ Tracy	 Cycle w/ Tracy		
	6:15PM (in "Arcade Room")	YOGALATES Sarah					
	6:35PM	cardiostack-core attack Theresa	 Carole Absolute Awesome Abs Carole (20 min)	 Beth E.	 Carole Absolute Awesome Abs Carole (20 min)	 New class this month... CARDIO STACK-CORE ATTACK! Monday @ 6:35pm	
7:30PM							

ATTENTION EVENING PARTICIPANTS:

New Class on Monday nights. Same instructor ..just something new to MIX up your work out!
cardiostack-core attack

Getting to Know YOUR Classes



GROUP POWER Is your hour of Power! This 60 minute barbell program strengthens all your major muscle groups 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! (60 min)

Absolute Awesome Abs



Absolutely 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 works, and using small weights. This 30 minute intense workout focuses on tightening, trimming, building and strengthening the abdominal muscles (20 min)



SHED & TREAD An interval class combining a cardio favorite!
30 minutes of interval training on the treadmill followed by 15 minutes of awesome abs! (45 min).

INTENSE BODY

BOOT CAMP - Get back to the basics...this class utilizes 'military style' training techniques to build strength, endurance, and stamina. This class is sure to whip you into shape (60 min).



STEP, KICK & ABS! A 60 minute circuit class divided into 3 challenging segments: 20 minutes of step, 20 minutes of kick, and 20 minutes of abs work. Class designed for ALL levels (60 min)

cardiostack- core attack

CARDIOSTACK-CORE ATTACK is the class you want if you're looking for incredible results. This is an interval class that includes interesting drills, core work, kickbox and more core work!! (60 min)



CYCLE Is a fun, athletic, cardiovascular cycling workout that burns up to 600 calories per hour. If you can ride a stationary bike, you can spin. Don't think that you need to be a world class cyclist or tri-athlete to enjoy "the ultimate calorie burner." (60 min)



BODY SCULPT is a strength training class using weighted barbells, dumbbells, balls, bands and other equipment designed to increase your overall muscle tone and burn more calories throughout the day! (60 min)



STEP w/ Abs Blast Includes a combination of step aerobics for about 40 -45 minutes followed by 15-20 minutes of core training. Get ready for great workout that's sure to have you sweating the calories away!
INTERVAL STEP w/ Abs Blast: Includes intervals of low impact, step and weights for about 40 -45 minutes followed by 15-20 minutes of core training. A great total body workout! (60 min)

YOGALATES

YOGALATES - A workout that works the entire body as an integrated whole. Strengthen and elongate muscles for a long lean body. (60 min.)



ZUMBA A dance based cardio class utilizing the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Zumba is not only great for the body, but is also great for the mind. It is a "feel-good" workout. (60 min)

METABOLISM METHOD

METABOLISM METHOD is class that will teach you exercises and nutrition methods to help speed up your metabolism. Metabolism is simply the rate at which our bodies burn the calories /energy consumed. This class will teach you exercises and nutrition methods to help speed up your metabolism. If you're bored, not seeing results, or just need a jump start, this is a class for you (60 min)



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. (60 min)

CLUB INFORMATION

Laurens Rd. Peak Fitness
2631 Laurens Rd.
Greenville, SC 29607
(864) 213-9024

Child Care Hours:

Monday - Saturday 8:30am - 12:00pm

Monday - Thursday 4pm - 8 pm

Friday - 5 pm to 7pm

Club Hours:

Monday thru Saturday -- 24 hours (opens @ 5 am)

Saturday -- closes at 6pm

Sunday -- 10am -- 5pm

**ALLOW YOURSELF JUST AN HOUR A
WEEK...TO RECHARGE YOUR BODY**



**Good for your Body & your Mind
Restore, ReCharge, ReVitalize
This is an hour of re-connecting AND
a FULL BODY WORK OUT**