

PEAK FITNESS

October

Steele Creek

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Club Information
6:00AM M/F	w/ Thomas	Group Power Technique Clinics Times: 11:45am (1/2hr)	NEW CLASS Athletic Conditioning w/ Cheree		w/ Thomas	9:15 AM <i>Your Hour Of Power!</i>	Steele Creek Peak Fitness 11108 South Tryon Street Charlotte, NC 28273 (704) 583-9400
9:30AM	w/ Cheree	Dates: Sat. October 3rd Sat. October 24th		w/ Stephanie M	Why should I get a FIT PASS ?	 3rd Angie, 10th Cheree, 17th Kristen, 24th Angie, 31st Holly	
9:30 AM Yoga/Pilates Studio	\$ Specialty Class PiYo 	All \$ Specialty Classes \$4/per class - Members & Non-Members Get your FIT PASS and save! *Class descriptions on page below			The SC FIT PASS saves you money and allows you to take the specialty classes anytime for less.		<u>Child Care/Kidz Zone Hours:</u> Monday - Thursday 9:00am - 1:00pm & 4:00pm - 8:00pm Friday 9:00am - 1:00pm & 4:00pm - 6:00pm Saturday 9:00am-1:00pm
12:00PM (TH 30min)		\$ Specialty Class Funky Fit 	Cardio Funk w/ Andre	Abs Express w/ Stephanie M	Passes do not expire and can be used on holiday weekends.	10:30 AM <i>Everyone Finishes First in Ride!</i>	
4:45PM	Step w/ Emily	OCTOBER is Breast Cancer Awareness Month! Help reduce your risk by improving your physical health with exercise.			Give your group fitness experience a boost or get it started with fun, results oriented classes.	 3rd & 17th Holly, 10th Thomas, 24th Sara, 31st Michelle	<u>Club Hours:</u> Monday 5:00am - 11:00pm Tuesday - Friday 4:30am - 11:00pm Saturday 8:00am - 6:00pm Sunday 10:00am - 5:00pm
5:30 PM Yoga/Pilates Studio	★ NO REGULAR CLASSES ON MON, OCT 12TH DUE OCT 09 LAUNCH ★	On-The-Ball added to the evening! Check it out!	\$Specialty Class On-The-Ball	On-The-Ball added to the evening! Check it out!			
5:45 PM	w/ Sara	Cardio Funk w/ Andre	w/ Angie	w/ Sammi	\$Specialty Class Funky Fit 9th & 23rd	New Time! 10:30 AM Yoga/Pilates Studio	
6:00 PM	Build strength and tone with Group Power! You will see and feel the results!	w/ Sara	Want to improve your cardiovascular fitness? Try Group Ride!	w/ Michelle C	\$ Specialty Class Belly Dancing 2nd & 16th	YOGA Pilates	
6:00 PM Yoga/Pilates Studio				w/ Denise	October 09 Launch of Group Power & Group Ride Change your workout routine and get results! Join us for food, fun, & new programming. Monday, October 12th 5:45pm Group Power 6:55pm Group Ride	<i>PiYo - 3rd Denise, Yoga -10th Coleen, 24th Kim, 31st Denise, Pilates - 17th Michelle</i>	
6:30 PM Yoga/Pilates Studio	w/ Denise	Looking for Core Strength? Try Pilates and get results!	w/ Michelle			10:30 AM Dance Rotate	
6:45 PM	w/ Instructor Rotate	w/ Holly	w/ Holly	w/ Kristen			
6:55 PM	w/ Darryl		w/ Patti				
7:00 PM Yoga/Pilates Studio	Come find out how Lap Tease classes can help strengthen your abs and lower body! Check it out!			\$ Specialty Class Lap Tease - 1st & 15th			
8:00 PM		\$ Specialty Class Salsa Dancing					

getting to know your classes



GROUP POWER is your hour of power! This 60 minute barbell strength training program targets 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!



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!



CARDIO FUNK this class will get you moving while having fun. Great cardio workout and rest assure all fitness levels are welcome (bonus: though the symbol indicates yield, there is no previous dance experience required). Everyone come join us to move and groove!



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.



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 strength training. This class is 60 minutes.



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



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!!



YOGA Relax your mind while strengthening your body! Try this great class that will increase your flexibility and rejuvenating your spirit with postures, and breathing techniques of yoga. Achieve total peace and harmony with this great total body workout.



PILATES Strengthen, lengthen, and tone your posture and enjoy the benefits of improved respiratory function. The ultimate abdominal and back strengthening workout.

Pilates



ABDOMINAL TRAINING Utilizes all the major and minor muscle groups of the abdominals and lower back. Learn to strengthen and tone your mid-section by performing crunches, isolation work, and resistance training. This class is 30 minutes.



ATHLETIC CONDITIONING The class combines plyometrics, athletic drills, core work and a challenge to create a better body. This class has a strength training and cardiovascular component to round out the experience. This class is 60 minutes.

ABOVE ARE CLASS TYPES AND DESCRIPTIONS THAT WE 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 FUTURE PROGRAMMING.

\$ Specialty Classes



ON-THE-BALL Want better posture, muscular balance & coordination, a stronger core, to train smarter, or to lose weight? It's all about functionally training your body, decreasing your risk of injury, and training differently to avoid the plateau effect. *This is limited to 15 participants due to equipment availability.*



FUNKY FIT N'shape with N's Nettie Reeves choreographs these routines that include invigorating moves that are versatile, hip, positive, and 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.



BELLY DANCING This is one of the oldest forms of dance, having roots in all ancient cultures from the orient to India to the mid-East. It focuses upon isolating different parts of the body, moving them independently in sensuous patterns, in a fun and motivating group environment. You will get a great abdominal workout for sure!



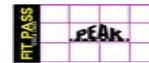
PIYO Strengthen & tone your body by combining Pilates with Yoga! Improve your flexibility, range of motion, and rejuvenate your spirit with postures and breathing techniques while increasing core strength with this total body workout.



SALSA Salsa your way to health and fitness! Any kind of dancing is a great way to build the perfect body shape. It merges aerobic and anaerobic training and the continual movements build up aerobic stamina while steadily burning calories over the course of the evening. This helps to strengthen and tone your legs at the same time you lose weight. No partner required!

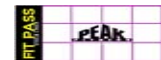


LAP TEASE This class will make you feel sexy and confident while working your core and lower body. Learn how sexy moves can strengthen and tone muscles you never thought you had. Take advantage of this fun way to get a different kind of workout. This class takes place in the Yoga/Pilates Studio! Check it out.



SC PEAK GROUP FITNESS

Welcome to the Steele Creek Peak!



Get your Steele Creek **FIT PASS** and take any **\$Specialty Class**, anytime for less!

Members - \$25 for 12 classes or

Non-Member - \$30 for 12 classes (includes regular classes & specialty classes)

Fall is a time for change! Change your workout routine by taking a class or trying a new class. Find out why group fitness can work for you and help you get results.

Happy Halloween

Have a happy and healthy October!

For questions/comments about the group fitness schedule, please contact the Group Program Director Sara Zimmerman at szimm3307@yahoo.com