





























# PEAK FITNESS

**FUNDRAISER**  
**Saturday Oct. 3rd at Peak Fitness Harrisburg**  
 Please see the October Schedule of Harrisburg for details.  
 There will be no classes at University on this date.

October

## University Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	 Cycle w/Matt	 w/Stacey	 w/Stacey	 Cycle w/Jeff	 w/Stephanie	 w/Julie @ 9:00am <b>No Class Oct. 10th</b>	12:00pm Cycle/Group Ride
9:30am	 w/Stephanie	 w/Slavka	 w/Laura		 w/Stephanie	9:00am Cycle/Group Ride 	
10:30am	 w/Fabi	 Specialty class, please sign in and pay at front desk.	 Step Express w/Laura		 Abs w/Stephanie	3rd no class, 10th Launch, 17th DeeDee, 24th Jean, 31st Jeff	4th Mandy, 11th Laurie, 18th Sonya, 25th Stephanie
5:00pm		 Abs w/Jamiee or JD		 Abs w/Stephanie		10:15am 	 w/Jaimiee @ 12:00 <b>No class Oct. 4th</b>
5:30pm Cycle/Group Ride	 Cycle w/Jeff or Jean	 w/Patty F.	 w/Fabi	 w/Laurie		3rd no class, 10th Launch, 17th DeeDee, 24th Nikki, 31st Julie	<b>YOGA</b> 1:00pm w/Michelle
5:30pm (5:45pm Fri.)	 w/DeeDee	 Step w/Jamiee or Monique	 w/Holly	 Kickboxing w/Rick	5:45pm 	<b>Fall 09 Launch</b> Sat. October 10th Group Ride 9:00  Group Power 10:15  Free Food!! Prizes!!	
6:30pm	 w/DeeDee	 Funky Fit w/Latrice	 Kickboxing w/Robert	<b>BB</b> 30 min. Booty/Belly w/Rick	Athletic Conditioning w/Rick @5:45pm		
7:30pm Mon/Tues/Wed and 7pm Thurs.	<b>Pilates</b> w/ Patti A. @7:30pm	 w/Fabi @ 7:30	<b>YOGA</b> w/Stephanie H. @7:30pm	 Funky Fit w/Joyce @7:00pm			

## 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 infinite cardio mode without watching the clock. You will be addicted! No impact, low



**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.



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



**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



**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.



**PIYO - FUSION** A fusion for the yoga and pilates lover! This class is a wonderful combination of Yoga, Pilates, and cardio for a full spectrum workout!

## Club Information

**University Peak Fitness**  
**8109-A University City**  
**Blvd.**  
**Charlotte, NC 28213**  
**(704) 548-0202**

### Club Hours:

Monday 5:00am –  
 Saturday 5:00pm  
 Sunday  
 9:00am – 5:00pm

### Child Care Hours:

Monday thru Friday 9:00am–1:00pm  
 Monday thru Thursday 4:30pm–8:30pm  
 Saturday 9:00am – 12:00pm

### Purchase a Fit Pass for Specialty Classes

\$4.00 a class or purchase a fit pass and save!



Fitpass for Members-

\$25.00 for 12 classes

Fitpass for Non Members-

\$30.00 for 12 classes



### Group Program Director

Jen Baucom

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