

February



Harrisburg Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	 w/Jen	 w/Fabi	 w/Jen	 Step w/Jen	 w/Jen	9:00am
10:00am (Tues. at 10:30am)	 Athletic Conditioning w/Jen	 New Class	 w/Jen	 15 min. Abs w/Jen	 w/Jen	6th Slavka, 13th Jaimee, 20th Slavka, 27th Jaimee
4:15pm		 4:15 w/Jennifer Broome	New Class 			10:00am
5:15pm	 Funky Fit w/Lakeisha	 Step w/Jen	 Cardio Jam w/Veronica	 Cycle w/Thomas		6th Jen, 13th Jen, 20th Jennifer J., 27th Holly
6:15pm	 Kickbox w/Robert	 w/Barbara	 w/Sonya	 w/Barbara	Winter 2010 Launches We hope you enjoyed the new Group Power and Group Ride Releases. You experienced new moves, terrains and hills. Power Up, and Ride On!	
7:15pm	NEW CLASSES - Tuesday 9:00 Zumba w/ Fabi and Wednesday 5:15 Cardio Jam w/ Veronica			 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!! -



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.



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.



Cardio Jam is a 60 minute cardio dance workout with dance moves and music from the 70's, 80's, 90's, up to 2009. It is packed with funky moves and great music. Cardio Jam is so fun you won't realize that you are working out. All levels of intensity will be demonstrated. **COME AND GET YOUR PARTY ON!!!** (Dance experience not required.)



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

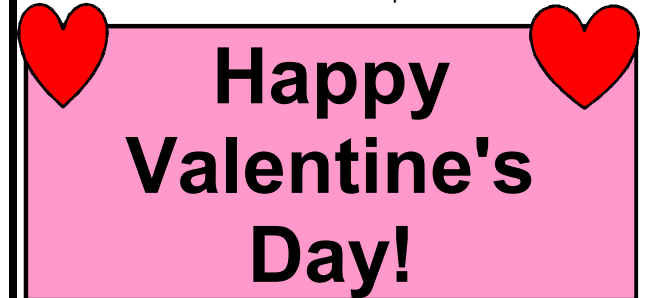
Harrisburg Z Max Fitness
5650 Highway 49th South
Harrisburg, NC 28075
(704) 454-7000

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



Group Program Director

Jen Baucom

jbaucom@peakfitnessus.com