



February

Steele Creek

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Club Information
5:45AM T/TH 6:00AM M/F						9:15 AM <i>Your Hour Of Power!</i> 6th, 13th, 20th, & 27th	Steele Creek 13347 South Point Blvd. Charlotte, NC 28273 (704) 504-1077
9:30AM			 Cardioblast				
9:30 AM Yoga/Pilates Studio	\$\$Specialty Class PiYo 1, 8, 15, 22 	\$\$Specialty Classes \$4/per class - Members & Non-Members Get your FIT PASS and save! *Class descriptions on page below					
12:00PM (TH 30min)		 YOGA	 Cardio Funk	 Abs Express		10:30 AM <i>Everyone Finishes First in Ride!</i> 6th, 13th, 20th, & 27th	Child Care/Kidz Zone Hours: Monday - Thursday 9:00am - 1:00pm & 4:00pm - 8:00pm Friday 9:00am - 1:00pm & 4:00pm - 6:00pm Saturday 9:00am-1:00pm
4:45PM	 Cardioblast	 Funky Fit			 Bootcamp		
5:30 PM Yoga/Pilates Studio		Get better core strength and muscle coordination with stability ball training	\$\$Specialty Class On-The-Ball 3, 10, 17 	Want to Train Smarter? Check it out! Loose inches and gain strength!			
5:45 PM		 Cardio Funk		 ZUMBA FITNESS		10:30 AM Yoga/Pilates Studio YOGA Pilates PiYo - 6th Pilates - 13th Yoga - 20th & 27th	Club Hours: Monday 5:00am - 11:00pm Tuesday - Friday 4:30am - 11:00pm Saturday 8:00am - 6:00pm Sunday 10:00am - 5:00pm
6:00 PM					\$\$Specialty Class Belly Dancing 5, 12, 19 & 26 		
6:00 PM Yoga/Pilates Studio		 YOGA	Looking for better Flexibility? Try Yoga and get results!	 YOGA	Build strength and tone with Group Power! You will see and feel the results! 		
6:30 PM Yoga/Pilates Studio	 Pilates	Looking for Core Strength? Try Pilates and get results!	 Pilates		Want to improve your cardiovascular fitness? Try Group Ride! 	10:30 AM Dance Rotate 	Group Power Technique Clinic Date: Sat. February 13 Time: 11:45am (1/2hr) Improve your group power workout and get results!
6:45 PM							
6:55 PM	 Kickboxing		 Kickboxing	SC FIT PASS Save on \$\$Specialty Classes with a Fit Pass. See the front desk for details 			
8:00 PM	 Salsa	\$\$Specialty Class Salsa Dancing 	Where else can you get professional Salsa lessons for \$4? Come and check it out!				

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: thought 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.



CARDIOBLAST A group exercise class designed to burn those unwanted calories and give you the tone you want. We will alternate between stationary cardio, low & high impact cardio, athletic drills, 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, fun!!



YOGA Relax your mind while strengthening your body! Try this great class that will increase your flexibility and rejuvenate 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 while enjoying the benefits of improved respiratory function and increased core strength. The ultimate abdominal and back strengthening workout.



ABS Express Utilizes all the major and minor muscle groups of the abdominals and lower back. Learn to strengthen and tone your mid-section by performing a variety of abdominal exercises, isolation work, and resistance training. This class is 30 minutes.



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



Hip Hop Hustle The success of Hip Hop Hustle™ is based on a dynamic, yet basic approach designed to match the needs of everyone in the room with small changes that make the moves easier or more difficult depending on your comfort level. Come join the fun!



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.

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.*



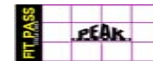
BELLY DANCING This is one of the oldest forms of dance, having roots in all ancient cultures from the orient to India to the mid-East. It focuses upon isolating different parts of the body, moving them independently in sensuous patterns, in a fun and motivating group environment. You will get a great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

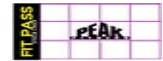


SALSA Salsa your way to health and fitness! Any kind of dancing is a great way to build the perfect body shape. It merges aerobic and anaerobic training and the continual movements build up aerobic stamina while steadily burning calories over the course of the evening. This helps to strengthen and tone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



Steele Creek ZX GROUP FITNESS

Welcome to the Steele Creek Peak!



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

Members - \$20 for 12 classes (No Expiration Date)

Non-Member - \$30 for 12 classes (includes regular classes & specialty classes- 1 time & 1 month only)

Make your heart healthier with exercise. Come join us for fun, motivating, and results oriented classes. See why group fitness can work for you! Get moving, stay moving, and be healthy.



Have a happy and healthy February!



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