

Effective as May 1, 2008

The Solebury Club - Fitness Spinning® Schedule (Updated Monthly)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45AM Express Spin® Carrie			6:00-7:00AM Yoga Vinyasa Zaira			
8:30-9:30AM Pump & Flex Irene		8:30-9:15AM Spinning® Gail			8:30-9:30AM Pump & Flex Irene	
9:30-10:30AM Spinning® Carole	9:00-9:20AM Absolute ABS Irene	9:15-9:30AM Bosu™ Core Express Gail	9:00-10:00AM Cardio Ball Dori	9:00-10:00AM Circuit & Express Spin® Gail	9:00-10:00AM Spinning® Carrie	9:00-10:00AM Spinning® Dan
9:30-10:30AM Bosu™ Boot Camp Laura 5/12	9:30-10:30AM Spinning® Irene	9:30-10:30AM Kickbox Adam	9:30-9:50AM Beginner Spinning® Irene	9:30-10:30AM Kickbox Ed	9:30-10:30AM Kickbox Ed	
9:30-10:30AM Functional Training Circuit Torrey 5/5 & 5/19	9:30-10:30AM Cardio Mix Mary	10:30-11:15AM Zumba® Latin Dance Torrey	10:00-11:00AM Pump Fusion Irene	10:30-11:15AM Bosu™ Core and Flexibility Amber		
5:30-6:00PM Bosu™ Core Adrienne (In Pilates Studio)	6:00-7:00PM Spinning® Lew	5:30-6:00PM Express Spin®/Jen 6:00-6:30PM Beginner Spinning®/Jen	6:00-7:00PM Spinning® Chris L.			
6:00-7:00PM Spinning® Lynn		7:00-8:00PM Kickbox Ed				

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Absolute ABS:

20 minutes of intense Abdominal work to strengthen your entire mid section.

BEGINNER SPIN®:

Learn bike set-up and core-movements of Spinning®.

Bosu™ Boot Camp:

Balance and core stability...cardio vascular and muscular endurance...all put to the test in this invigorating workout. Fun and challenging for everyone.

Bosu™ Core:

Safely train your abs through a full range of motion increasing core strength and stability. (Add to flexibility training on Fridays)

CARDIO Mix:

Get your heart pounding with a mix of step, kickbox and hi lo aerobics. Easy to follow choreography and drills will burn calories and increase stamina! Finish with 15 min of core conditioning for beautiful abs.

CARDIO BALL:

Creative combinations of hi lo using the stability ball strengthening the upper and lower body during a great aerobic workout.

CIRCUIT & EXPRESS SPIN®:

30min weight circuit + 30min ride

EXPRESS SPIN®:

30 minute ride. Great for beginners and experienced riders.

Flexibility Training:

This 45minute class will increase your range of motion, improve your posture and increase your mind/body awareness with a series of stretching exercises targeting all major muscle groups. All levels.

Functional Training Circuit:

Squats, lunges, bending are just some of the moves we use in everyday life. We will mirror these exercises in this class. No equipment needed.

KICKBOX:

An awesome interval class of combo's on the bag, jumping rope, core training, and lots of lower body sculpting to make this a complete workout. 1-hr

PUMP & FLEX:

A group weight training class focusing on major and minor muscle groups. By using a barbell system and adding the right weights for you, you can increase muscle endurance and build muscle quickly. Bar holds up to 35 lbs. and more. Absolute results. 1-hour

PUMP FUSION:

An energizing three dimensional body sculpting and cardio class fused with the barbell system to maximize your fitness results. 1-hour RESULTS!

Zumba® Latin Dance

Zumba utilizes the principals of fitness interval training and resistance training. It is the mixture of body sculpting movements and easy to follow dance steps. Come join the party!!

NOTE: All classes on the schedule can be modified to beginner to advanced level of fitness.