

Today's Fitness Centers

781-935-5355 ~ www.todays-fitness.net

Effective 1/17/12

GROUP EXERCISE ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am – 6:15 am Cardio box Rose	5:50 – 6:45am Total Body Rose	5:30 – 6:30am Yoga Debbie	5:50 – 6:45am Tabata Heather			
6:15 – 6:30am Pilates Rose					8:00 – 9:00am Cardio Step Ani	8:15 – 9:10am Step Circuit Paul
9:00 – 10:00am Boot Camp Marina	9:00 – 10:00am Body Pump Heather	9:00 – 10:00am Body Step Kim <i>4 Week Trial</i>	9:00 – 10:00am Total Body Marina	9:00 – 10:00am PiYo Strength Joie	9:00 – 10:00am Body Pump Ana	9:15 – 10:15am Zumba Yelena
	10:00 -11:00am Silver Sneakers *Cardio Circuit Heather			10:00 – 11:00am Silver Sneakers *Muscular Strength, Range of Motion Nancy		10:30 – 11:15am Pilates Kerri
4:30 – 5:30pm 20/20/20 Stefanie		4:45 – 5:30pm Body Combat Emily	4:40 – 5:30pm Zumba Yelena			
5:35 – 6:25pm Body Combat Emily	5:30-6:30pm Zumba Yelena	5:30 – 6:30pm Boot Camp Marina	5:30 – 6:30pm Body Pump Ana			
6:30 – 7:30pm Body Pump Susan	6:30 – 7:30pm Turbo Kick Joie	6:30 – 7:30pm Body Step Kim	6:30 – 7:30pm Hustle Joie			
			7:30 – 8:30pm Yoga Christy			

MIND/BODY STUDIO

*To Reserve your spot visit www.todays-fitness.net!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am – 6:00am PiYo Strength Kristin				5:30 – 6:30am Body Infusion Rose/Heather/Emily		
		5:30pm-6:30pm Yoga Christy Begins 2/1/12				
6:30-7:30pm Yoga Katelyn						

SPIN

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-5:45am SPIN EXPRESS Rose	5:30 – 6:30 am SPINNING Emily	5:15-5:45am SPIN EXPRESS Heather	5:30 – 6:30 am SPINNING Tayla	7:30 – 8:30 am SPINNING Emily	8:15 -9:15 am SPIN SATION Rose
9:00am – 9:30am SPIN EXPRESS Nancy	8:30-9:00am SPIN EXPRESS Heather	9:00am-9:45am SPINNING Nancy		8:45 – 9:45am SPINNING Kim	9:00 – 10:00 am SPINNING Bob S.	9:30-10:25am SPIN Nicole
4:45-5:30pm SPINNING Emily						
5:35-6:30pm SPINNING Yvonne	5:30 – 6:30 pm SPINNING Bob R	5:45 – 6:30 pm SPINNING	5:30 – 6:30 pm SPINNING Bob S.	5:30 – 6:15pm SPINNING Yvonne		
		6:45-7:30pm SPINNING Nancy				

CLASS DESCRIPTIONS

20/20/20 - Combine cardio conditioning, body sculpting, and core strengthening and stretching to tone your body and build endurance.

Body Combat - The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

Body Step - the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors

Body Infusion - A combination of strength, balance and flexibility combined with massive core conditioning and, of course, loads of energy! You will experience the workout of a lifetime utilizing a ballet bar and other equipment that will transform your body like nothing else will!

Boot Camp - work your entire body. The workouts involve pushups, jumping jacks, crunches and other body weight exercises. In boot camp, your challenge is to take your body to its limit. You work, you sweat and, best of all, you burn calories like crazy.

Cardio Circuit - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises

SPINNING – stationary group cycling class taught on specially designed bikes; class is set to motivating music and offers intense cardiovascular training; for both beginners and seasoned athletes, Spinning will strengthen and tone body and mind.

SPINSATION – Burn calories and build muscle. Spinning combined with muscle conditioning. Double Threat!!

STEP – low impact, moderate to high intensity workout using an adjustable platform; easy-to-follow choreography.

STEP CIRCUIT – two workouts in one: step and muscle conditioning intervals. Some resistance apparatus such as weights are used in this class.

BODYPUMP™ - the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

TOTAL BODY CONDITIONING – Define and tone your muscles with in a group setting using your own body weight, weights, tubing, resist-a-ball and steps.

KICKBOXING – An intense cardiovascular and strength conditioning class that incorporates movements derived from boxing, Tae Kwon Do, and Karate. Focus is on basic punches and kicks to provide a dynamic, energetic, heart pumping workout.

YOGA – a unique fusion of traditional exercise with the artistry of yoga postures; class focuses on the essentials of proper breathing and form in executing each exercise. Yoga enhances flexibility, strength and mental focus.

PILATES – floor exercises that focus on core strength and proper body alignment. For both beginners and advanced athletes.

ZUMBA - fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! Add some Latin flavor and International zest into the mix and you've got ZUMBA

Turbo Kick - Burn calories and blast fat! Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! You'll love having fun and losing weight. It won't even seem like you're working out.

Muscular Strength & Range of Movement - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

PiYo -Relax & Stretch? No Thanks; I'm a cardio Junky! Don't worry... PiYo™ is all about strength training and core conditioning for people who want to sweat.

Hustle - HUSTLE™ will make you feel like a dancer with moves that are easy to follow, while transforming your body.

Tabata - It has been called the world's greatest fat burning workout as it is high intensity interval training which utilizes 8 exercises all done in 4 minute intervals. Tabata can be used for weight loss as well as improving overall fitness. Modifications can be made for all fitness levels!