
























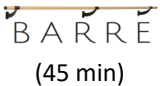


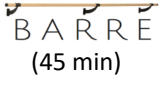





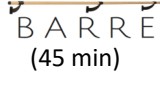


SOUTH FITNESS STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			8:30am  Alecia		8:30am  Mandy		8:15am  Emily
9:30am		 Rory				Cardio Drill Corinne	 Angie
5:30pm		  Diny	 Emily	 Angie			

SOUTH SPIN STUDIO







	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		 Kristine		Power Pedal (45 min) Renee H		 Ed	
			9:30am  Rachel B		9:30am  Kristine		9:30am  Kristine/Natica
	11:30am  Cathy	12:00pm Power Pedal (45 min) Alecia		12:00pm Power Pedal (45 min) Corinne		12:00 pm Power Pedal (45 min) Stacey	
5:30pm		 Julie	 (30 min) Renee R	 Ed	 (30 min) Renee R/ Julie		

SOUTH YOGA STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am			 BARRE WARM (45 min) Alisa		 BARRE WARM (45 min) Buffy		
						8:30am  GENTLE BARRE (45 min) Cat	8:15am  WARM Vinyasa Flow Mary
		9:45am  BARRE (45 min) Alisa	9:30am  HOT YOGA Ashley	9:30am Yoga John	9:30am  HOT YOGA Ashley	9:45am  BARRE (45 min) Alisa	9:45am  BARRE WARM (45 min) Tracey
		11:45am Pilates Yoga Fusion Carla		11:45am Pilates Yoga Fusion Rachel/Deb			
	3:30 pm Yin Jennifer G		4:15 pm  WARM Yin Mary			4:30 pm  RAISE THE BARRE WARM Tracey	
	5:00pm  HOT YOGA Jack	5:30pm  HOT YOGA Jack	5:30pm Yoga Basics Joel	5:30pm  BARRE (45 min) Rebecca	5:30pm Yoga Jennifer G		
			6:45pm  WARM Vinyasa Flow + Meditation Deb	6:30pm  HOT YOGA + Meditation Deb			

PLEASE NOTE: We require participants to supply their own yoga mat.

Barre	Fuses Pilates, ballet, and yoga with isometric exercises to engage and enhance muscles you didn't even know you had! Get ready to feel the burn! All barre classes are 45 minutes. Gentle and Warm variations also available.
Hot Yoga	90-97 degrees. Through strengthening postures and intensified heat, hot yoga will detoxify the body and toughen the mind. Taught as Bikram, Moksha, or Vinyasa.
+ Meditation	Experience 15-20 minutes of guided meditation to reach a clear mind and deep relaxation.
Pilates Yoga Fusion	The best of yoga and Pilates in one class! This fusion workout will strengthen, stretch and tone your entire body through various exercises and equipment.
Raise the Barre	Get stronger, leaner and more fit by combining Pilates, yoga, cardio and strength into one amazing workout. (Warm)
Warm Vinyasa	80-85 degrees. Focuses on syncing breath to a lively & mindful flow.
Yin	A slower paced yoga class to target your deep connective tissue. Focus on breath as you hold poses for an extended time to do wonders for joint health, flexibility, circulation, and mental focus.
Yoga	Gain strength, flexibility, and balance as you learn to unite mind, body, and breath.
Yoga Basics	Simple postures and flows. Great for beginners.

Aqua Fitness	Enhance your cardiovascular fitness, muscular strength and endurance, and flexibility all in one workout. Experience the properties of the water and the freedom of movement in this great aqua workout. 45 minutes.
Aqua Jam	Music-driven aqua fitness. Fun music, fun moves, and a fantastic workout! 45 minutes.
Cardio Drill	Using a hybrid of athletic drills, agility training, and bootcamp style conditioning, this class will have your heart thumping and your body changing! 55 and 45 minute classes available.
Cardio Pilates	Improve flexibility, posture, and core strength, with cardio mixed in! Modifications provided for all levels. 45 minutes.
Dance Fit	Smile and sweat as you master simple dance choreography set to fun music! Look for cardio kickboxing and simple toning to be added into the workout for extra spice!
	Feeling fitter, stronger, and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength, and improve your balance and flexibility. A perfect place to start your group fitness experience.
	Discover new heights with Group Blast! Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises with a step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring. Blast this way with Group Blast!
	A barbell program that strengthens all your major muscles in an inspiring group environment with fantastic music. With simple, athletic movements such as squats, lunges, and curls, this class is great for all ages and levels. Must be 16 years of age or older to attend.
	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. Motivating music and an inspiring group environment lets you ride on! Bike reservations available. Visit www.amesfitness.com for info.
	INSANITY™ is a cardio class based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. You don't have to be in extreme shape— levels of each exercise are provided.
Power Aqua	A great workout while giving your joints a break! You really can sweat in the water! 45 minutes.
Power Pedal	Smile and sweat as you pedal your way through intervals, mountains and more!
	R30 will get you fitter and feeling better in only 30 minutes! Perfect for those that are short on time and men and women of all ages, no matter if you're just starting an exercise program or have been racing bikes for years.
Shake & Strength	Get ready to sweat through the decades! This class mashes calisthenics with old school grooves and new school moves to your favorite jitterbug beats, 80's jams, and modern day hits! From the disco and dougie, to squats and lunges, you'll be shakin' and strengthening in no time!
Step Strong	Cardio step with strength intervals. Fun full body workout crafted to maximize your time and boost your mood, energy, and metabolism!
TBC (Total Body Conditioning)	This class focuses on strengthening and sculpting the body by using weights, tubing, resist-a-balls, and gliding disks. An effective way to increase your overall strength in a functional way for all ages and abilities.
Yoga for a Healthy Back	5 weeks devoted specifically to strengthen your back through basic yoga poses. Improve flexibility, mobility and reduce pain. All levels will enjoy the benefits of this class. Runs Sept. 12—Oct. 10.

All classes are 55-60 minutes long unless otherwise noted.

For Group Power classes, participants must be 16 years of age or older to attend. For all other classes, ages 12-15 may attend with a guardian. For more information or questions, contact Group Fitness Director, Mandy McGuire, at mandym@amesfitness.com or (515)232-1911.