








# South River Fitness

## MAY 2008 CLASS SCHEDULE

South River Colony · Rt. 2 & 214 · Edgewater, MD 21037  
 (410) 956-2665 or (301) 261-4222

MON	TUE	WED	THU	FRI	SAT	SUN
5:10am Spinning	6:00am Interval Cross Training	5:00am Spinning <b>NEW</b> <b><del>DURATION:</del></b> <b>ONE HOUR!</b>	6:00am Adult Training Express	5:10am Spinning	7:10am Spinning  8:00am Pilates	
8:30am Pilates Mat	8:30am YogaFitt	8:30am Pilates with Props	8:30am YogaFitt <b>NEW!</b>	8:30am Cycle Cross Training	8:00am Treading 9:00am Power Pump	8:00am Spinning
9:30am Power Pump Express	9:30am Cardio Core	9:30am Step Challenge	9:30am Spinning	9:00am Free Motion Express	9:00am <i>Intro To Spin May 10th</i>	8:00am Cardio Core
10:15am  Express	9:30am Treading	10:30am  Express	9:30am  Express	9:30am Interval Cross Training	10:00am Step Medley	9:00am YogaFitt
	10:30am Adult Training Express		10:15am  Express		11:00am Anusara Yoga	11:00am <i>Teen Yoga May 18th</i>
5:00pm  Express	4:15pm Spinning  5:30pm  Express	4:15pm Treading	4:15pm Spinning  5:15pm Free Motion Express	5:00pm Belly Dancing	<p>Our new All INCLUSIVE MEMBERSHIP includes unlimited child care, Pilates Mat, Treading, and Spinning classes.</p> <p>Ask about the ALL INCLUSIVE MEMBERSHIP at the member services desk!</p> <p><b>HOURS:</b>            Mon-Thu 5am-10pm            Friday 5am – 9pm            Saturday 7am-6pm            Sunday 7am- 5pm</p>	
6:00pm Mix & Match	5:15pm Free Motion Express	5:00pm Power Pump	5:30pm Step Medley Express			
6:15pm Spinning	6:15pm Power Pump Express	6:00pm YogaFitt/ 	6:15pm 			
7:00pm Yoga Flow	7:00pm Simple Step	7:00pm Spinning	7:15pm  Express			

### **Adult Training Express (30 minutes)**

Fast paced weight training using assorted equipment-balls, free weights, tubing, bodybars, etc. This is included in the All-Inclusive membership.

### **Anusara Yoga (55 minutes)**

Flowing with Grace, this class is a sophisticated, elegant heart-oriented system of yoga based on sound biomechanics and life-celebrating Tantric philosophy. It weaves together all aspects of yoga into a unified whole that celebrates the heart and honors the body. All levels.

### **Cardio Core (55 minutes)**

Burn fat and tone your body with this blend of cardio and core training using a variety of equipment like steps, resistance bands and balls, to get a strong, sleek body

### **Cycle Cross Training (55 minutes)**

This cycling class takes you through all types of terrains, but you also will reap the benefits of cross training with strength and core training to finish off your workout! This is included in the All-Inclusive membership. Please sign up at the Front desk to reserve a bike.



### **(55 minutes)**

Redefine your self with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy.



### **(55 minutes)**

Your hour of power! This 60 minute barbell program strengthens all of 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.



### **(55 minutes)**

Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group exercise experience.

### **Express Classes(45 minutes)**

A 45 minute version of the class listed, to get you workout in a short time period.

### **Free Motion Express(30 minutes)**

Small group circuit training in the Free Motion area. You will be motivated by a Personal Trainer! This is included in the All-Inclusive membership. Please sign up at the Front desk.

### **Interval Cross Training (55 minutes)**

Maximize your workout time with high intensity intervals followed by recovery intervals. Any of the following may be used in this class: step, hi/lo, sports conditioning, boxing, bands, weights, Body Bars and tubing.

### **Mix and Match (55 minutes)**

Just as the name implies, this hybrid class is a mix of cardio, strengthening and yoga. Expect to use several props and have fun mixing and matching various methods of cross training. The yoga portion will follow the cardio/strengthening portion. This is a multi-level class.

### **Pilates with Props (55 minutes)**

Enjoy a smooth flowing workout while challenging the body and mind using various props to maximize opening and awareness throughout the body. Integrate what you have learned and move ahead in this challenging class. Please bring a small towel to class.

### **Pilates Mat (55 minutes)**

Mat exercises based on the work of *Joseph Pilates* that strengthen abdominal and back muscles; condition deep core muscles; improve posture; and correct imbalances in the body. *Pilates* is also great for relieving tension & stress & creating body awareness. This is included in the All Inclusive membership. You can also purchase a punch card, inquire at the Front desk if interested.

### **Power Pump (55 minutes)**

A no nonsense, no frills, resistance class designed to work every muscle in the body in one hour using the Body Bar, dumbbells and rubber tubing. You decide how challenging you want to make it by increasing or decreasing the amount of weight you use.

### **Simple Step (55 minutes)**

A step workout with simple, yet powerful moves on the step that are easy to follow and for all levels, followed by core work. This is a great cardiovascular workout!

### **Spinning (45 minutes)**

The hottest craze in cardiovascular workouts! This bike class for the mind and body is perfect for cross training. All fitness levels welcome in every class. This is included in the All-Inclusive membership. Please sign up at the Front desk to reserve a bike.

### **Step Challenge (55 minutes)**

A high intensity Step class that incorporates "moderate" choreography. A SERIOUS SWEAT!

### **Step Medley (55 minutes)**

Mix up your workout weekly, one week Group Step, one week Freestyle step or sometimes both! Enjoy the variety offered in this class to challenge your heart.

### **Treading (45 minutes)**

A motivating treadmill class where you can run or walk. Intervals, hills, steady climbs, sprints and more. This is included in the All-Inclusive membership. Please sign up at the Front desk to reserve a treadmill.

### **YogaFitt (55 minutes)**

Enjoy an invigorating power yoga workout that will increase your strength, flexibility, and balance.

### **Yoga Flow (55 minutes)**

Enjoy a steady, slow and continuous flow of postures linked together by the breath. This class focuses on developing awareness, flexibility, and strength in the core body through the yoga practice.