

MARCH



STUDIO 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		CARDIO FLEX 5:30 AM MEET AT STUDIO 2 (NANCY) ★	YOGA (VANESSA) 7:00 AM	FLEX (KRISSEY) ★ 5:30 AM			
8AM		PILATES (CECILIA) 8:00 AM				FLEX (JACKI) ★ 8:00 AM	
9AM	FUSION FLEX (JACKI) ★ 9:00 AM		POWER FLEX (MELISSA) ★ 9:00 AM		FLEX (ANGIE) ★ 9:00 AM	HEAVY BAG BOOTCAMP (JACKI) ★ 9:00 AM <i>Not for beginners</i>	FUSION FLEX (ERIN) ★ 9:00 AM
10AM						YOGA (CECILIA) 10:00AM	YOGA (ANITA) 10:00 AM
4PM		YOGALATES (CECILIA) 4:00 PM		=		ZUMBA (ANDY) 11:00 AM	
5PM		ZUMBA (ANDY) 5:00 PM	FUSION FLEX (JACKI) ★ 5:15 PM				BOOTCAMP (NATE) ★ 11:30 AM <i>Not for beginners</i>
6PM	STEP & GLIDE (KRISTY) ★ 6:00 PM	CARDIO FLEX & ABS (TRACY) ★ 6:00 PM	BAGS & BOSU'S (KRISTY) 6:00 PM	POWER FLEX (JACKI) ★ 5:30 PM	CARDIO FLEX (KRISTY) ★ 5:30 PM		
7PM	POWER YOGA (CECILIA) 7:00 PM	YOGA FOR BEGINNERS (Vanessa) 7:00 PM	BUTTS, GUTS & CARDIO (ANGIE) ★ 7:00 PM	EXTREME CARDIOFLEX (NATE) ★ 6:30 PM <i>Not for beginners</i>			
8PM		MARCH 9th and 23rd ONLY		YOGA (ANITA) 7:30 PM			
STUDIO 3				STUDIO 3			
6PM	PRENATAL YOGALATES 6 PM (CECILIA)		POWERBALL PILATES 6 PM (CECILIA)				
7PM		PILATES- 7:30 PM (ANITA)	YOGA - 7 PM (CECILIA)				

THE GROUP X GOES HORIZONTAL CHALLENGE

April 1, 2010
6:30 PM
Instructed by Nate, Jacki & Angie

For intermediate to advanced exercises only.

To prepare for this challenge, instructors recommend you attend at least two of the starred classes per week during March.



2700 Lighthouse Point East - SUITE 250

(Lighthouse Landing - above Blockbuster)

Your membership access card has 2nd Floor elevator access

We will validate your parking ticket in the studio.

BAGS & BOSU's	Intense workout combining kickboxing techniques on the bags and strength training on the Bosu balls. <i>Gloves required for Bags & Bosu's</i>
GLIDING	Interval workout using gliders to create a full range movement for all major muscle groups, designed to strengthen and lengthen all major muscle groups
HIP HOP	Great cardio workout through easy to follow, step by step, energetic dance routines!
STEP & GLIDE	A variable intensity cardiovascular class using an adjustable platform and gliders
TURBO KICK	High energy kickboxing class combining martial arts, athletic moves, & hip hop flavor.
POWER FLEX	Just like Flex with heavier weights and less reps. You will not bulk up, just tone up!
CARDIO FLEX	A high intensity strength/cardiovascular training combination class.
FLEX	Total body workout using all necessary training equipment to create lean muscle mass
FUSION FLEX	45 minute overall body strength training workout incorporating multi-joint movements
PILATES	Focused workout for the core which teaches you how to stabilize, lengthen, tone and move from this "powerhouse" of the body
POWER YOGA	Faster paced, physically challenging Yoga workout which improves strength and invites students to try difficult postures and balances.
YOGALATES	The best of yoga and pilates!
ZUMBA	Tone and sculpt you body through high energy easy to follow dance moves.
HEAVY BAG BOOT CAMP	Punch, kick, jump, and climb your way to a fitter you! <i>Gloves required. Not for beginners.</i>
AQUA POWER	Canton Club's exclusive high intensity water class. Build stamina, tone, and strength train in the pool.
STROKE CLINIC	Get leaner by the lap with this great cardiovascular workout while refining and perfecting your swimming skills.
BOOT CAMP	A high intensity workout combining calisthenics, plyometrics, strengths training, and speed drills. <i>Not for beginners</i>
BUTTS, GUTS & CARDIO	A one of a kind hardcore class designed to sculpt your legs, strengthen your core and blast calories.
VITALITY	50's and up energizing total body workout designed to improve cardiovasular health and muscle endurance.
POWERBALL PILATES	Up the anti of traditional matwork Pilates with a handheld power ball to maximize effectiveness