

**FALL
2008**

Group Exercise Schedule

Energy Center Fitness Club



24/7 Member Access

Customer Service Hours

M – Thr 5a – 9p
 Fr..... 5a – 7p
 Sa..... 7a – 3p
 Su..... 8a – 2p

Call to Register: 437-CLUB(2582)

Members and Non-Members Welcome!

*Energy Center offers a FREE class trial for all class formats. You can try before you buy!
 Inquire at the front desk, by phone, or by stopping in.

September 22 – November 23, 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		Cycling	Advanced Cycling	Cycling	Advanced Cycling	(7:00a) Pump-UP!
7:15 am		Flexibility		Flexibility		
8:30 am	PiYo Ball	Body Sculpt	PiYo Ball	Body Sculpt	Pilates	
8:45 am		Creative Kids		Creative Kids		
9:30 am	Aerobic Dance	Fit Kids	Aerobic Dance	Fit Kids	Aerobic Dance	(10:00a)Yoga
10:30 am	Pilates 101		Pilates 101			
3:45 pm	Kids Club	Teen in Training	Teen in Training	Teen in Training	Teen Training	
4:30 pm		Body Blast		Body Blast	Cycling	
5:00 pm	Step 'n Strength		Step 'n Strength			
5:30 pm		Pump-Up!	6:00pm Biggest Winner	Pump-Up!		
6:00 pm	Pilates		Pilates			
6:30 pm		Flexibility		Flexibility		
7:00 pm	Butts-n-Guts		Butts-n-Guts			

**Try a Class
for FREE!***

Energy Center Fitness is locally Owned and Operated and is across from the high school at 407 South 8th Street in beautiful Mount Horeb, Wisconsin

Biggest Winner! Health Education

Be the "Biggest Winner" by being the smartest loser. This weight loss class will educate and empower you on your weight loss goals. Includes fitness testing, exercise science, nutrition and life style coaching.

Member Fee: \$75

Non-Member Fee: \$125

Butts-and-Guts

Need help getting those problem areas toned up? You will use hand weights, resistance tubing and your own body to work your stomach, back and butt muscles. This 45 minute class is for any fitness level. Low Impact!

Member Fee: Free

Non-Member Fee: \$40

Step-n-Strength

A class perfect for the individual on a time crunch. Not the traditional choreographed step class. It is an energetic fun class which combines step aerobics to raise the heart rate and adds strength training to give you an all over workout. This class is for all fitness levels.

Member Fee: Free

Non-Member Fee: \$40

Aerobic Dance

This is an aerobic workout! FUN & EASY to do. We will use high energy & motivating music to keep us moving and feeling great. You won't even realize how great of shape you're getting in.

Member Fee: \$15

Non-Member Fee: \$45

Body Sculpt

A great total body shaping workout utilizing hand weights, stability balls, and resistance bands to sculpt, define, and tone the entire body. This class is a great compliment to your aerobic training.

Member Fee: \$15

Non-Member Fee: \$45

★ ★ ★ NEW ★ ★ ★ UNLIMITED CLASSES for \$25/month (When added to your membership)

Flexibility

This class is all about relaxation, releasing endorphins and creating less tension in the body. You will learn how to maintain proper body positioning while stretching, which will increase range of motion in joints and improve overall body alignment.

Member Fee: \$25

Non-Member Fee: \$65

Cycling

Rain or Shine! A 45 minute indoor class replicating the feel of the road. Music and imagery are used to simulate different bike rides that include hills, sprints, flat terrain, and humps. Indoor cycling is simple, easy to learn and a great workout. Low Impact, High Cardio!

Member Fee: \$25

Non-Member Fee: \$65

Yoga

In our Yoga class, you will learn physical postures or asanas, breathing fundamentals and techniques. Each class is 75 minutes and accommodates beginner to intermediate levels.

Member Fee: \$35

Non-Member Fee: \$75



Pilates

Develop core strength and stabilization in this tried and true form of exercise. You will balance out your alignment, gain control of movement and develop a long & lean body. An excellent class for the athlete to build unbelievable core strength and help take your game to the highest level possible!

Member Fee: \$25

Non-Member Fee: \$65

Pump-Up!

Real results, real fast! Pump Up! Is a strength endurance class where muscle and music collide. This dumb-bell work-out targets all the major muscle groups of the body and defines them. All levels welcome.

Member Fee: \$25

Non-Member Fee: \$65

Youth Classes

Kids Club! (8-12)

For growing kids and inquiring minds. Join your friends for a great time learning how to have a fit body through physical activity (GAMES!) Learn how to fuel your engine (EAT!) for lots of energy and fun!

Member Fee: \$25

Non-Member Fee: \$65

Teen Training (12 & up)

Want to stay fit, get fit, or cross train using top of the line equipment? Plus hang out with your friends? Enjoy this 2-hour open gym time for teens. Includes a trainer there to assist, answer specific training questions and supervise as needed.

Member Fee: Free

Non-Member Fee: \$30

Kids Korner

FIT KIDS (2-6)

Good health habits in a fun, active and safe class. Kids have fun exercising while parents stay fit too.

Member Fee: \$20

Non-Member Fee: \$40

CREATIVE KIDS (2-6)

From finger-painting to story-time, the amount of fun the kids will have is limitless!

Member Fee: \$20

Non-Member Fee: \$40

NEW!

Body Blast

Challenge your body in this interval training work out. Experience a blend of intense cardio and resistance training intervals. Be inspired to challenge yourself and expand your fitness levels. A great workout! Sure to ENERGIZE you!

Member Fee: \$25

Non-Member Fee: \$65

Pilates 101

If you have no idea what Pilates is, you have been taking classes and think you are just not getting it, or you feel everyone else knows something you don't, check this new class out. This class will give you the tools to teach your body to be long, strong, and lean. Think of Pilates 101 as your body's user manual!

Member Fee: \$25

Non-Member Fee: \$65

PiYo Ball

We'll use the ball to practice yoga asanas and pilates movements. Use of the ball allows you to move in ways and to go to greater ranges of motion. Using the ball will increase strength, coordination and balance.

Member Fee: \$15

Non-Member Fee: \$45

