

**SUMMER  
2008  
Session 2**

# 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.

**July 14 – September 20, 2008**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
6:00 am	Cycling	Cycling	Advanced Cycling	Yoga	Advanced Cycling	(7:00a) Pump-UP!
7:15 am		Flexibility		Flexibility	<b>Biggest Winner</b>	
8:30 am	<b>Yoga Ball</b>	Body Sculpt	<b>Yoga Ball</b>	Body Sculpt	Pilates	
8:45 am						
9:30 am	Aerobic Dance	<b>Fit Kids</b>	Aerobic Dance	<b>Fit Kids</b>	Aerobic Dance	(10:00a)Yoga
10:30 am	<b>Pilates 101</b>	<b>Circuit Training</b>	<b>Pilates 101</b>	<b>Circuit Training</b>	<b>Pilates 101</b>	
12 – 2p	Teen Training	Teen in Training	Teen in Training	Teen in Training	Teen Training	
2:00 pm	<b>Kids JUMP!</b>					
5:00 pm	Step 'n Strength	Pump-Up!	(5:30p) Biggest Winner	Pump-Up!		
6:00 pm		<b>Enlist</b>		<b>Enlist</b>		
6:10 pm	Pilates		Pilates			
7:00 pm	Cycling (7:05p)	Flexibility	Cycling (7:05p)	Flexibility		
8:00 pm		<b>Pilates 101</b>	Butts-n-Guts	<b>Pilates 101</b>		

**Try a Class  
for FREE!\***

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

## Biggest Winner! Weight Loss Class

Be the "Biggest Winner" by being the smartest loser. This 10 week weight loss class will educate and empower you on your weight loss goals.

Includes fitness testing, body composition, exercise science, nutrition and life style coaching. Each member must schedule a fitness test before and after the class.

**Member Fee: \$75**

**Non-Member Fee: \$125**

## The Circuit

This is an hour of supervised circuit strength training. If you are not quite sure how to use the equipment or simply would like some supervision and guidance, this is a great class for you. Come and workout with your friends.

**Member Fee: Free**

**Non-Member Fee: \$40**

## 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**

## Want Member Pricing? Join for Only \$35 Month!\*

\*Based on 2-year membership.

## 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**

## 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 60 minutes and accommodates beginner to intermediate levels.

**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**



## 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.

**Member Fee: \$25**

**Non-Member Fee: \$65**

## Youth Classes

### Teen Training

Want to stay fit, get fit, or cross train over the summer 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**

### JUMP!

Jump into fun and fitness with all your friends and a good old fashioned rope. Kids will learn to jump rope, rope games, songs, and tricks. Jump in and join the fun. Ages 8-12. Bring your own rope or purchase one for \$10.

**Member Fee: \$25**

**Non-Member Fee: \$45**

### FIT KIDS

Good health habits in a fun, active and safe class. Kids ages 2-6 have fun exercising while parents exercise too.

**Member Fee: \$20**

**Non-Member Fee: \$40**

# NEW!

## ENLIST

Pre-requisite to basic training (next session). Regardless of age and fitness level, if you are looking to get into top shape, drop pounds, build muscle and have a great time, this class is for you.

**Member Fee: \$15**

**Non-Member Fee: \$45**

## 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**

## Yoga Ball

In this class we will incorporate the use of a fit ball while we practice yoga asanas. Using the ball allows you to move in ways and to go to places that would not be allowed without the ball. Working with the ball will increase strength, coordination, and balance. Combining this with yoga, you will reap the benefits of improved flexibility and body awareness as well as a deep sense of relaxation.

**Member Fee: \$15**

**Non-Member Fee: \$45**



★ No Classes on Labor Day, Monday, September 1<sup>st</sup> ★