



# Energy Center

**Fitness Club**

Call: 437-CLUB(2582)  
[www.energycenterfitness.com](http://www.energycenterfitness.com)

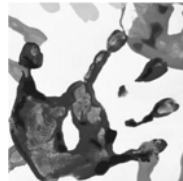
## Tanning

Located across from the High School at:  
407 S. 8<sup>th</sup> Street, Mount Horeb

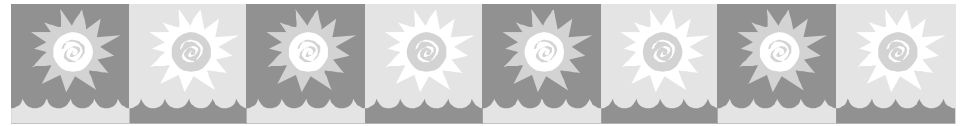
## Personal Training



## Supervised Playroom



## Nutrition



# Energy Center Fitness Club

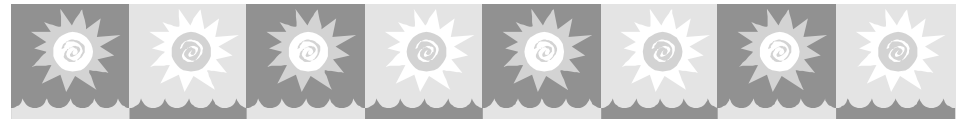
# Group Exercise Schedule

## Summer 2010

July 5 – August 29<sup>th</sup>

- ❖ Clean & Comfortable Room
- ❖ Small Class Sizes
- ❖ Personal Attention
- ❖ Locker Room with Showers
- ❖ On-Site Child Supervision

Members and Non-Members WELCOME!



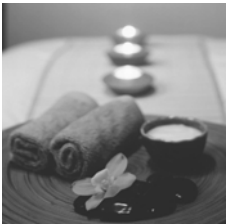
## Club Hours:

**24/7 Access Available!**

## Staffed Hours:

5am-9pm Mon-Thurs  
5am-7pm Fri  
7am-3pm Sat  
8am-2pm Sun

## Massage



## COUPON

**Energy Center**  
Fitness Club

**\$5 OFF**

**1 Hr. Massage or Any Tanning or Training Package!**

Expires June 30, 2010



## Class Schedule

Please Call 437-CLUB to register  
or if you have questions!

## Class Descriptions

- ❖ **Core Flex** - 50% Core strength & 50% flexibility. All movement originates at your body's core and keeping your core muscles strong & balanced is the goal of this 40 minute class.
- ❖ **Flexibility** - In this class you will learn how to maintain proper body positioning while stretching, which will increase range of motion in joints and improve overall body alignment.
- ❖ **Boot Camp** - Maximize your fitness level by combining weight training with short intervals of high intensity cardio work. You'll build muscle mass, increase your endurance and fight workout boredom!
- ❖ **Yoga** - In our Hatha Yoga class, you will learn physical postures or asanas, breathing fundamentals, and techniques. This class is designed to accommodate beginner to intermediate levels.
- ❖ **Body Sculpt** - A great total body shaping workout. This strength training workout utilize hand weights, stability balls, and resistance bands to sculpt, define, and tone the upper and lower body.
- ❖ **Cycling** - Rain or Shine! A 45 minute spin class that replicates the feel of road cycling. Music and imagery are used to simulate different bike rides that include hills, sprints, flat terrain, and jumps.
- ❖ **Yogilates** - Blending the asanas of Yoga and the linear strength of Pilates promises to be the perfect treat for your body. This class runs 75 minutes and will provide you with the best of both worlds.
- ❖ **Step Boot Camp** - This is a high energy, fun class designed to increase your cardiovascular endurance and help build strong muscles. You will use the step for intense cardio work. Great for the heart and fun for the feet!
- ❖ **Pilates** - A 45 minute class that dramatically transforms the way your body looks, feels, and performs. It builds strength without excess bulk, creating a sleek, toned body. Beginner to intermediate level. Low Impact!
- ❖ **Pump-Up!** - Real results, real fast! Pump UP! is a strength endurance class where muscle and music collide. This dumbbell work-out targets all of the major muscle groups of the body.
- ❖ **On the Ball** - Have fun and gain strength, balance and flexibility working on the stability ball. You will use the ball in more ways than you can imagine.
- ❖ **Zumba** - Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a dynamic fitness program that will blow you away! Ditch the workout and join the dance party!!
- ❖ **Zumba Toning** - Take Zumba Fitness to the next level with this cardio and resistance weight training program. This class is assured to provide a calorie-burning and muscle toning total body workout, with the same Zumba party atmosphere!
- ❖ **Fit Kids - Ages 2-6yr** - Good health habits should be FUN! This fit kids class provides fun, safe and developmentally appropriate activities that help children engage in exercise that will benefit them for years to come.
- ❖ **Teen in Training** - Want to stay fit, get fit or cross train using top of the line equipment? Enjoy this 1-hour open gym time for teens when school is out. Includes a trainer to assist, answer specific training questions and supervise as needed.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:00 a						Pump UP!	
7:30 a		Flexibility		Flexibility			
8:30 a	Cycling	Body Sculpt	Zumba Toning	Body Sculpt	Cycling	8:00 Yoga	
9:30 a	On the Ball	Fit Kids	Core Flex	Fit Kids	Pilates	Yoga	
1:00 p	Teen in Training		Teen in Training		Teen in Training		Zumba
5:00 p	Pump UP!	Zumba		Pump UP!	Zumba		
6:00 p	Zumba	Boot Camp	Zumba	Boot Camp			
7:00 p	Yoga	Zumba Toning	Step Boot Camp	Yogilates			

TRY A  
CLASS  
FOR FREE!

Pricing for each Class this Session :

Member: \$25

Non-Member \$65

*\*unless noted below*

\*9:30a Sat Yoga - Mem: \$35/ Non-Mem: \$75

\*Yogilates - Mem: \$35 / Non-Mem: \$75

\*Teen in Training - Mem: \$0 / Non-Mem: \$30

\*Fit Kids - Mem: \$20 / Non-Mem: \$40

Call #437-CLUB (2582) today to sign up!