






















# Winter 2010 Fitness: January 4 - March 26 (TENTATIVE schedule subject to change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Pump 9:00-10:00 	Body Combat <b>NEW TIME</b>	Body Pump 9:15-10:15 	Body Combat 9:15-10:15 	Body Pump 9:15-10:15 	Body Combat 9:15-10:15 	Yogalates 8:15-9:15
Fitness Ball 10:00-11:00	9:30-10:30 	Fitness Ball 10:00-11:00	Fitness Ball 10:15-11:15 <b>NEW TIME</b>	Butts & Guts <b>NEW</b>	Body Flow 10:30-11:30 	Body Combat 9:30-10:30 
Body Combat 10:15-11:15 	Body Flow <b>NEW TIME</b>	Zumba 10:30-11:30 	Body Flow 10:30-11:30 	Technique Combat <b>NEW</b>	Fitness Ball 10:15-11:15 <b>NEW TIME</b>	
				Zumba 12:30-1:00 	Lunch Pump 12:00-12:45 	
			Junior Combat 4:00-5:00		Teen Combat <b>NEW TIME</b>	
	Cycling Ab Attack 5:00-6:00			Cycling & Ab Attack 5:00-6:00	Dancing with the Stars 5:00-5:30 <b>NEW</b> 	
	Body Pump 6:15-7:15 	Butts & Guts <b>NEW</b>	Zumba 6:00-7:00 	Body Combat 6:15-7:15 		
	Fitness Ball 7:00-8:00	Body Flow 7:00-8:00 		Fitness Ball 7:15-8:15 <b>NEW TIME</b>		
	Technique Combat 8:00-8:45 <b>NEW TIME</b>	Body Combat 7:15-8:15 	Body Pump 7:15-8:15 	Body Flow 7:30-8:30 		

Please check daily schedule for class location.

All classes subject to Minimum & Maximum number of participants.

If after 3 weeks a minimum of 3 people are not attending a class, it may be removed from the schedule.

## jPass BODY PUMP

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles!

## jPass BODY FLOW

A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates.

## jPass BODY COMBAT

Combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi and kickboxing.

## jPass ZUMBA

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy!!!

## YOGALATES

Yoga and Pilates stretching, relaxation and breathing techniques help to increase your flexibility and reduce stress.

## CYCLING AB ATTACK

Indoor cycling workout. High level cardio to sweat and burn up to 600 calories.





## BUTTS & GUTS

Need we say more?

## DANCING WITH THE STARS

Don't you watch TV? Start the weekend right and be the next Donny Osmond!

**JPASS CLASSES**

**Fitness Center Hours**

M-TH 6am-10pm  
F 6am-6pm  
S, S 8am-5pm