



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING WEST END FACILITY HOURS

FACILITY

Facility Guidelines: 7 and under must be with a parent, youth must be 12 years or older to supervise children over the age of 8.
Wellness Center: Youth 12-15 years of age are required to complete a Fitness Certification

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|--------|---------|-----------|----------|--------|----------|---------|
| OPEN | 5:00am | 5:00am | 5:00am | 5:00am | 5:00am | 8:00am | 10:00am |
| CLOSE | 8:30pm | 8:30pm | 8:30pm | 8:30pm | 8:00pm | 4:00pm | 4:00pm |

KIDZ ZONE

Ages 6 weeks to 7 years (Reservations required for non-walkers)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|---------|---------|-----------|----------|---------|----------|--------|
| OPEN | 9:00am | 9:00am | 9:00am | 9:00am | 9:00am | Closed | Closed |
| CLOSE | 12:00pm | 12:00pm | 12:00pm | 12:00pm | 12:00pm | Closed | Closed |

SPRING GROUP EXERCISE SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|--------|--|--------|
| | 5:35 - 6:35am Spin Circuit Julianne | | 5:35 - 6:35am Strong Bodies Julianne | | | |
| 8 - 9am Yogalates Rachel/Stacy | 7:45 - 8:15am Express Spin Stacy | 8 - 9am Zumba Gold Alesia | 8- 9am Strong Bodies Abby | | 8:15 - 9:15am Strong Bodies Donna | |
| 10 - 11am Enhance Fitness *Must Register | 8:15 - 9am Strong Bodies Stacy | 10 - 11am Enhance Fitness *Must Register | | | 9:15 - 10:15am Zumba Alesia | |
| 6 - 7pm Pilates Kristen | 6 - 7pm Strong Bodies Donna | 6 - 7pm Spin Amy | 6 - 7pm Strong Bodies Donna | | 10:15- 1pm Youth Dance Classes *Must Register | |
| | 7:05 - 8pm Turbo Kick Jessica | 7:05 - 8pm Hustle Jessica | 7:05 - 8pm Zumba Alesia | | | |

Hours in effect: May 7, 2012

GROUP EXERCISE DESCRIPTIONS

Hustle – 60 minute class

Hustle™ is a combination of easy to learn dance moves perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge! Hustle™ requires no previous dance experience.

Pilates – 60 minute class

This class will increase strength without bulk, improve flexibility and balance and increase core stability. To add variety, the stability ball and light weights will be used.

Spin - 60 minute class

This indoor cycling class is tailored for beginner, intermediate and advanced levels.

Spin Circuit – 60 minute class

Indoor cycling combined with sets of cardio boxing and toning. This class has it all; cardio, strength and flexibility exercises.

Strong Bodies – 60 minute class

This class is weightlifting to music for a total body workout. You will be utilizing a barbell with adjustable weights; great for men and women.

Turbo Kick

Energized and fun cardio class filled with punches and kicks to get the heart rate up and the body toned.

Yogalates – 30 minute class

This class combines moves from Yoga and Pilates for the perfect combination of toning, flexibility and stress reduction.

Zumba – 60 minute class

A fusion of Latin American and international dance. Routines feature aerobic and interval training that tone and sculpt.

Zumba Gold – 50 minute class

This class is a lower impact, easy-to-follow, Latin-inspired dance fitness-party that keeps you in the groove of life! This unique format is for anyone; the active older adult, beginners, prenatal, those recovering from injuries or surgery, or anyone for whom regular Zumba is too intense.