

# LE's 2009 Group Exercise Schedule

## Aug. 24th – Dec.19th \*

*\*With exception of Water Fitness which runs through 8/31/09*

Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Spinning 7:00-7:45am Sherry				Spinning 7:00- 7:45am Carolyn	
	Pilates 8:00-8:45am Sherry	Spinning 8:00-8:45am Sherry	Pilates 8:008:45am Sherry		Spinning 8:05-9:05am Jen H.
Zumba 9:30-10:15am Amanda	BootCamp 9:30-10:30am Jen H.	Strut <b>NEW</b> 9:30-10:30am Amanda	BootCamp 9:30-10:30am Jen H.	BodySculpt 9:30-10:15 a.m. Jen H.	Muscle 9:15-10:15am Stephanie
20/20/20 <b>NEW</b> 10:30-11:30a.m. Jen H.	Simply Fit 9:45-10:30am Kathy	Cardio Ballroom Dance <b>NEW</b> 10:45- 11:30am Amanda	Yoga 9:30-10:30am Mary Lou		Hula 11:00-Noon
Cardio & Strength 9:30-11:00am Lisa		Cardio & Strength 9:30-11:00am Lisa		Cardio & Strength 9:30-11:00am Lisa	

### DEADLINES & NEW MINIMUMS:

Please note that if we don't have enough participants signed up  
72 hours (3 days) before scheduled start date, the class will unfortunately be cancelled.  
Participant Minimum is 6 unless otherwise specified- see additional details in  
descriptions (some classes need up to 8 participants to begin)

Zumba <b>NEW</b> 5:30-6:15 pm Tamara		Spin/Abs Fusion 5:15-6:15pm Jen H.			
Yoga 6:30-8:00pm Roger	Tae Kwon Do 6:15-7:15pm Mike		Tae Kwon Do 6:15-7:15pm Mike		
Water Fitness 7:00-7:45pm Lori <b>(only through 8/31)</b>	SpinFlex - 6:30-7:30pm Carolyn	Water Fitness 7:00-7:45pm Lori <b>(only through 8/26)</b>	Muscle 7:00-8:00pm Stephanie		
Pilates 8:05 - 8:55pm Sindy		Pilates 8:05-8:55pm Sindy			

### CLASS DESCRIPTION AND FEE'S For 2009Aug. through

Walk-in Fee for Lifestyle Essentials classes:

**30 minute class = \$3 Residents NON-RESIDENTS = \$3.50**

**45 minute class = \$5 Residents NON-RESIDENTS = \$6**

**60 minute class = \$6 Residents NON-RESIDENTS= \$7**

**20/20/20-** Jen H.'s creativity comes through again! 20 minutes of: Body Sculpting, Cycling & Running! Jen is known for her highly effective and inventive classes. All levels welcome!

Mondays 10:30am-11:30 am: 1 day/week Residents: \$67 Non-residents: \$80

**CARDIO BALLROOM DANCE-** Do you want a dancer's body- long, lean, sculpted muscles? Do you want to have a blast while learning a new skill? **Then Cardio Ballroom is for you!** As always, all levels welcome!

Wednesdays 10:45-11:30 am: 1 day/week Residents: \$80 Non-residents: \$96

**BODY SCULPT-** The name says it all! A series of full body exercises designed to tighten, tone & sculpt muscles you didn't even know you had! As always, all levels welcome! Fridays 9:30am-10:15 am:

1 day/week Residents: \$67 Non-residents: \$80

**BOOTCAMP** -If you are in a workout rut or just looking for an exhilarating workout, this is the class for you! This is a total body workout which uses an assortment of equipment & athletic drills.

This class is only as hard as YOU make it, so beginners are welcome! Tues.,Thurs. 9:30-10:30am

1 day/week Residents: \$70 Non-residents: \$84

**MUSCLE** - This class includes exercises to target major muscle groups to build muscular strength & endurance. All levels welcome. Thursday 7:00-8:00pm, Saturday 9:15 – 10:15 a.m.

1 day/week Residents: \$72 Non-residents: \$86

**PILATES** - The focus of this class is on the core muscles in the hips, abdominals & back.

You will gain muscle tone, stability & balance. All levels welcome. **Must have 8 participants to begin.**

Monday and Wednesday 8:05-8:55pm, Tues. and Thursdays 8:00-8:45am

1 day per week Residents: \$72 Non-Residents: \$86

**SIMPLY FIT** - This class is a mix of muscle toning, balance exercises & flexibility training.

All exercises will be slow & controlled and is especially beneficial for those who need exercise for osteoporosis, range of motion loss, back pain & instability. All levels welcome. Tuesday 9:45-10:30

1 day/week Resident: \$66 Non-resident: \$79

**SPINNING** - A cycling class with inspirational music where your instructor guides you through peaks & valleys of a virtual bike ride. Challenge yourself- break free of your comfort zone & improve your fitness level! Beginners welcome. Limited number of bikes, sign up quick! **Minimum of 7 participants to begin.**

Monday 7:00-7:45am, Wednesday 8:00-8:45am, Friday 7-7:45 a.m. & Saturday 8:05-9:05am

M,W or F 1 day per week Residents: \$67 Non-Residents: \$80

Saturday Residents: \$72 Non-Residents: \$86

**SPINFIEX** – Spinning with a twist! The instructor will guide you through 40 minutes of Spinning & about 20 minutes of strength & flexibility conditioning. All levels welcome. Tuesday 6:30-7:30pm

1 day per week Residents: \$70 Non-residents: \$84

**SPIN/ABS FUSION** – Combining two phenomenal workouts into one...this class will be 45 minutes of spinning fun & 15 minutes of non-stop abdominal work! Wednesday 5:15-6:15pm

1 day/week Residents: \$70 Non-residents: \$84

**STRUT**– A workout combining elements of stretch, burlesque & striptease in a fun, low-impact workout that is great for strength & flexibility training. No prior dance experience is required!

Wednesday 9:30-10:30 am 1 day/week Residents: \$80 Non-residents: \$96

**WATER FITNESS** -Cool off with workout moves designed to reduce stress on the muscles & joints, while conditioning & strengthening. You control the intensity- all levels welcome (14 max)!

*Only a few classes left! Drop-in for some last minute summer fun!*

**ZUMBA**- A fun, high energy alternative to your traditional workout! No dancing skills necessary! Just have fun- Salsa, Rumba & Mambo those calories away! All levels welcome. **Minimum of 7 participants to begin.**

Monday 9:30-10:15am 1 day per week Residents: \$80 Non-residents: \$96

Monday 5:30-6:15 pm 1 day/week Residents: \$80 Non-residents: \$96

## PERSONAL TRAINING

Work with a certified personal trainer to maximize results! Your trainer can assist you with motivation, accountability, goal achievement, sports conditioning & so much MORE!

*See the monthly newsletter or fitness center fliers for SPECIALS!*

### STANDARD RATES:

#### One-On-One:

One-Hour Session	\$45.00
Package of 10* One-Hour Sessions	\$400.00

#### Share With A Friend:

One-Hour Session	\$35 per person
Package of 10* One-Hour Sessions	\$325 per person

#### Group Personal Training\*\* -3 or more individuals sharing session(s):

One-Hour Session	\$22 per person
Package of 10** One-Hour Sessions	\$200 per person

\* Additional packages available upon request.

\*\*Group training max is 6, but may vary depending on trainer. Additional discounts available for 5+ sharing a package.

Contact Lifestyle Essentials, LLC for more details (LE@fuse.net).

**\*\* Please see your physician before taking group fitness classes or beginning any exercise program.**

**NOT LE from here on:**

**AEROBICS, HULA, TAE KWON DO, YOGA (TH Morning), & YOGA (Monday Evening) –  
Call 563-2247 for information on these classes**

### FITNESS CLASSES with contract instructors (details online)

<b>CARDIO &amp; STRENGTH TRAINING</b>	Sept. 9 – Oct. 28	Mondays, Wednesdays, Fridays
with Lisa		9:30-11:00am
3 days per week	\$140.00 residents	\$142.00 non-residents
2 days per week	\$112.00 residents	\$114.00 non-residents
1 days per week	\$56.00 residents	\$58.00 non-residents

Walk-in for any single class is \$9.00

Your choice: Come for 1½ hours of warm up, upper body strength and cardio, lower body strength and abdomens work. Any questions call Lisa at (513) 733-5533.

<b>HULA CLASSES</b>	Aug. 22 – Oct. 3	Saturdays
13 week session	Resident \$60	11:00 am - Noon
	Non-Resident \$70	Walk-in \$10

**EVENING YOGA**

with Roger  
8 week session

Aug. 31 – Oct. 26 (no class 9/7)

*Resident \$56*

*Non-Resident \$72*

Mondays  
6:30-8:00pm  
*Walk-in \$10*

**MORNING YOGA**

with Mary Lou  
8 week sessions

Aug. 27 – Oct. 15

\$40 per session on Thursday for residents; \$50 for non-residents  
\$7 walk-in

Thursdays  
9:30-10:30am

**TAE KWON DO**

with Mike

Sessions run monthly

1 person in the family \$25/person  
2 or more in the family \$20/person

Tuesdays & Thursdays  
6:15pm - 7:15pm

All ages and skill levels welcome.