



# Class Schedule

As of 1/20/10

(See [www.TheDowntownFitnessCenter.com](http://www.TheDowntownFitnessCenter.com) for current schedule)

Step I = Beginner  
 Step II = Intermediate  
 Step III = Advanced

Special Class	
Wed.	Run Club Javier (11:45-12:15)

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45a	Step III Valerie 5:45-6:30	Step III Valerie 5:45-6:30		Step III Valerie 5:45-6:30	
6:00a					
6:15a					
6:30a	Step I Valerie 6:30-7:00	Step II Valerie 6:30-7:00	Total Body Valerie 6:30-7:00	Step I Valerie 6:30-7:00	
6:45a					
7:00a					
7:15a					
11:00					
11:15	Pilates Chelsey 11:15-12:00				
11:30			Pilates Chelsey 11:30-12:15		
11:45		Total Body Valerie 11:45-12:15		Total Body Valerie 11:45-12:15	
12:00	Total Body Valerie 12:00-12:30				
12:15			Step w/ Weights Valerie 12:15-12:45	Step I Valerie 12:15-12:45	Step II Valerie 12:15-12:45
12:30	Kickboxing Angela 12:30-1:00				
12:45			Ab Attack Valerie 12:45-1:00	Yoga Kay 12:45-1:30	Ab Attack Valerie 12:45-1:00
1:00	Total Body Angela 1:00-1:30	Bottom Line Angela 1:00-1:30			Chisel Up Angela 1:00-1:30
1:15					
After Noon/ Evening	Pilates Chelsey 5:30-6:15		Pilates Chelsey 5:30-6:15		

## **Class Descriptions**

*Ab Attack:* 15 minutes of abdominal work. A great way to create strong "core" musculature.

*Boot Camp:* A high-energy workout that combines physical conditioning methods with moves designed to burn fat, build strength, and shape muscle. The perfect combination to break weight-loss plateaus and build lean muscle. You'll stay motivated and energized with Valerie's down-to-earth style.

*Bottom Line:* 30 minutes of working all the muscles of the lower body.

*Chisel Up:* 30 minutes of working all the muscles of the upper body.

*Kickboxing:* Get ready for high intensity rounds of punching and kicking combinations that will knock you out!

*Pilates Mat (Beginner):* Based on teachings of Joseph Pilates, this mat class focuses on flexibility and strength for the entire body, most specifically, deep core muscles. Harmony and balance are achieved by integrating mind & body in fluid series of movements. It utilizes core strengthening to create a long and lean look.

*Spinning:* This is an indoor adventure on a stationary bike to simulate a real road experience. Energy zones include: endurance, strength, interval, and race day. Don't forget to grab a towel and water before joining this class.

*Step I (Beginner):* Become coordinated! This class will teach you fundamental step aerobic moves and prepare you for more complicated choreography. Simple moves to get your heart rate up and make you sweat.

*Step II (Intermediate):* Simple steps with a fast-paced style.

*Step III (Advanced):* For the experienced stepper, this class will be fast-paced in choreography building. Tap-less dance patterns for a hi-impact, hi-intensity, and hi-FUN group exercise class!

*Step with Weights (Fat Burner):* Simple choreography and fat burning at its best. Adding weights while on the step reaches every fitness goal. From true beginner with no weight all the way up to 5 lb weights and everywhere in between.

*Total Body (All levels):* This class is designed primarily to increase muscular endurance through series of light weight, hi-repetition sequences. Major muscle groups throughout the entire body are targeted.

*Total Body Blast:* Muscle conditioning intertwined with cardiovascular intervals.

*Yoga (All levels):* This is a form of Hatha Yoga, focusing on muscular endurance & flexibility. Class includes breathing practices, relaxation, and meditation techniques that reduce stress.