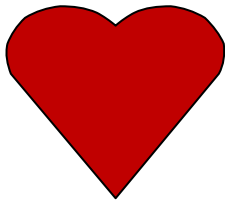


**Club Hours M-TH 5:00am-9:00 p.m. Fri. 5:00am-8pm/ Sat. 7:30am-4pm/ Sun. 7:30am-3pm**  
**Daycare Hours: AM : M-F 8:45-11:00am PM : M-TH 5:15-7:30 SAT.DAYCARE 8:30-11 \* = NO DAYCARE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15am * <b>POWER RIDE 45!</b> (SIGN-UP) CHRISTINA		5:30-6:15am * <b>POWER RIDE 45!</b> (SIGN-UP) ANA		5:30-6:15am * <b>POWER RIDE 45!</b> (SIGN-UP) ANA		
8:00-9:00am** <b>LITE &amp; LOW</b> GAIL		8:00-9:00am** <b>LITE &amp; LOW</b> GAIL			7:45-8:45am. * <b>RIDE (SIGN-UP)</b> PAUL	7:45-8:45am.* <b>RIDE (SIGN-UP)</b> CHRISTINA or PAUL
9:00-10:00am <b>ZUMBA</b> CARLA  <b>RIDE</b> (SIGN-UP) LORI	9:00-10:00am <b>STEP/ KICK/AB'S</b> LORI	9:00 -10:00am <b>DRILLS</b> LORI  <b>RIDE</b> (SIGN-UP) JOY	9:00-10:00am <b>ZUMBA</b> JENNIFER	9:00-10:00am <b>PROGRESSIVE INTERVALS</b> LORI  <b>RIDE</b> NEELEY (SIGN-UP)	8:45-9:45 a.m. <b>YOGA</b> LINDA	9:00-10:00am* <b>YOGA</b> LINDA
10:00-11:00am <b>POWER PUMP</b> LORI	10:00 -11:00am <b>YOGA</b> LINDA	10:00-11:00am <b>POWER PUMP</b> NEELEY	10:00-11:00am <b>MAT PILATES</b> CARLA	10:00-11:00am <b>POWER PUMP</b> NEELEY	9:45 -10:45 am <b>TAE BO<sup>®</sup> EXTREME</b> MICHELLE & BEV	10:00 -11:00am * <b>ZUMBA</b> JENNIFER

***PAPER COLOR REFLECTS MONTH, THICK BORDER REFLECTS A CLASS CHANGE. CHANGES MAY OCCUR MONTHLY***

4:45-5:30 p.m. * <b>SUPERSCULPT 45</b> LEIGH	4:45-5:45p.m. * <b>ZUMBA</b> JENNIFER	4:45-5:30 p.m. * <b>CARDIOSTRENGTH 45</b> JENNIFER	4:45-5:45p.m. * <b>ZUMBA</b> DEBBIE	4:45-5:30 p.m. * <b>BODYBLAST 45</b> JOY or NICOLE	<p align="center"><b>'you will never rise any higher, than the image you have of yourself'...</b> Joel Osteen</p> <p align="center"><b>Visit us on <a href="#">facebook!</a></b></p>
5:30-6:30 pm. <b>MAT PILATES</b> CARLA  <b>RIDE</b> (SIGN UP) JOY		5:30-6:30 pm <b>MAT PILATES</b> JENNIFER			
	6:00-7:00p.m. <b>RIDE</b> (SIGNUP) JOY OR CHRISTINA	6:00-7:00p.m. <b>RIDE</b> (SIGNUP) NICOLE			
	6:30 -7:30 pm <b>YOGA~LATES</b> JASMINE		6:30 -7:30 pm <b>YOGA~LATES</b> CARRIE		
	7:30 -8:30 pm * EMI <b>TAE BO<sup>®</sup></b>	<b>Benicia Fitness</b> <small>No Judgments</small>	7:30-8:30pm* MICHELE & BEV <b>TAE BO<sup>®</sup></b>		<p align="center">Feb. 2012</p> <p align="center">happy</p> <p align="center"></p> <p align="center">Day!</p>

PROGRESSIVE INTERVALS: WARM-UP, ALTERNATING INTERVALS OF CARDIO BURSTS, INCLUDING A VARIETY HIGH IMPACT AEROBICS , PLYOMETRIC MOVES AND HIGH REP CONDITIONING W/WEIGHTS & VARIED METHODS+ AB'S & COOL DOWN. ULTIMATE FULL BODY CHALLENGE.

DRILLS! CALL IT WHAT YOU MAY... WARMUP , THEN A CHALLENGING (YET FUN) COMBO OF FULL BODY CONDITIONING AND CARDIO DRILLS.. ALL LEVELS!©

STEP/ KICK/AB'S: WARM-UP 20 MIN. STEP / 20 MIN. KICKBOX / 10 MIN. AB'S & COOL DOWN.

CARDIOSCULPT: WARM-UP, INTERVALS OF CARDIO KICK, HIGH IMPACT, UPPER BODY CONDITIONING, LOWER BODY SEGMENT + AB'S & COOL DOWN. FAB WORKOUT TO COVER IT ALL IN ONE HOUR!

SUPER STEP: CARDIO INTERVALS OF STEP AND POWER MOVES USED TO REACH HIGH INTENSITY PEAKS FOLLOWED BY RECOVERY BREAKS. HIGH ENERGY, YET MODIFIABLE TO SUIT ALL FITNESS LEVELS. INCLUDES WARM UP, COOL DOWN GET READY TO SWEAT!

YOGA: A NON-AEROBIC, RELAXATION CLASS, FOCUSES ON BREATHING, STRETCHING, STRENGTHENING & MEDITATION.

MAT PILATES: FOCUS ON CORE STRENGTHENING, FLEXIBILITY, STRETCHING, BALANCE USING BODY WEIGHT & SOME FUNCTIONAL TRAINING METHODS

YOGA~LATES: FUSION OF YOGA & PILATES. GET THE BENEFITS OF STRENGTH, STRETCH, BALANCE AND MEDITATIONAL ALL IN 1 CLASS IN 1 HR.

LITE N'LOW: WARM-UP, 20-25 MIN. OF LOW IMPACT AEROBICS, LITE WEIGHT SEGMENT: GEARED TOWARD BEGINNERS & SENIORS & DECONDITIONED MEMBERS

RIDE: EXHILERATING "IMAGERY" GROUP INDOOR CYCLING CLASS TO GREAT MUSIC ON THE NEWEST OF SCHWINN SPIN BIKES. SIGN-UPS DAY PRIOR ARE HIGHLY RECOMMENDED

POWER PUMP: GROUP WEIGHT TRAINING CLASS INCORPORATES BARBELLS & DUMBBELLS. CLASS IS APPROPRIATE FOR ALL LEVELS. BEGINNERS- ADVANCED! WARM UP, 3 ½ TO 4 ½ MIN.SETS FOR EA. MUSCLE GROUP/ 30 SECOND REST BETWEEN SETS INCLUDED COMBINED WITH ADDITIONAL CARDIOVASCULAR EXERCISES.

SUPERCULPT & BODYBLAST BOTH CLASSES OFFER FAB VARIATIONS OF TOTAL BODY SCULPTING . DIFFERENT INSTRUCTORS, DIFFERENT STYLES, ALL GOOD!!

CARDIOSTRENGTH A COMBINATION OF CARDIO AND MUSCULAR CONDITIONING FOR THE ENTIRE BODY USING A VARIETY OF TOOLS, INCLUDING HAND WEIGHTS, BODY BAR, BALLS AND GLIDING DISCS

ZUMBA: AEROBIC DANCE CLASS W/AFRICAN-SAMBA FLAVOR. GREAT FOR ALL LEVELS, NO ROUTINES! HIGH ENERGY!

**TAE BO** HIGH-CARDIO CLASS INCORPORATING BOXING, MARTIAL ARTS & DANCE MOVES FOR A FULL-BODY WORKOUT., BURN 600-1000 CALORIES PER CLASS.  
**TAE BO EXTREME** ADDS THE STEP 😊

ALL CLASSES SUBJECT TO CHANGE DUE TO ATTENDANCE AND/OR INSTRUCTOR

606 FIRST STREET, BENICIA (LOOK FOR THE RED DOORS) **PH) 745-1511** [WWW.BENICIAFITNESS.COM](http://WWW.BENICIAFITNESS.COM)

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