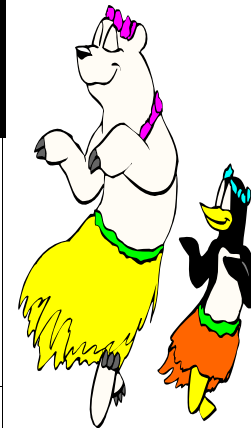


Club Hours M-TH 5:00am-9:00 p.m. Fri. 5:00am-8pm/ Sat. 7:30am-4pm/ Sun. 7:30am-3pm

Daycare Hours: AM : M-F 8:45-11:00am PM : M-TH 4:30-7:30 SAT 7:45-11:00am * = NO DAYCARE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15am * POWER RIDE 45! (SIGN-UP) KRISTI		5:30-6:15am * POWER RIDE 45! (SIGN-UP) KRISTI		5:30-6:15am * POWER RIDE 45! (SIGN-UP) KRISTI		
8:00-9:00am** LITE & LOW GAIL		8:00-9:00am** LITE & LOW GAIL		8:00-9:00am* LITE & LOW GAIL	7:45-8:45am. * RIDE (SIGN-UP) LORI or. PAUL	7:45-8:45am.* RIDE (SIGN-UP) PAUL
9:00-10:00am ZUMBA CARLA 7/1-7/12 ABBIE 7/19-7/31 RIDE (SIGN-UP) LORI	9:00-10:00am 20/20/10 STEP/ KICK/AB'S LORI	9:00 -10:00am PROGRESSIVE INTERVALS LORI RIDE. (SIGN-UP) JOY	9:00-10:00am ZUMBA JENNIFER	9:00-10:00am PROGRESSIVE INTERVALS LORI RIDE NEELEY (SIGN-UP)	8:45-9:45 a.m. YOGA LINDA	9:00-10:00am* YOGA LINDA
10:00-11:00am POWER PUMP NEELEY	10:00 -11:00am YOGA LINDA	10:00-11:00am POWER PUMP NEELEY	10:00-11:00am MAT PILATES JENNIFER	10:00-11:00am POWER PUMP NEELEY	9:45 -10:45 am TAE BO[®] EXTREME MICHELLE & BEV	10:00 -11:00am * ZUMBA JENNIFER
PAPER COLOR REFLECTS MONTH, THICK BORDER REFLECT A CLASS CHANGE. CHANGES MAY OCCUR MONTHLY						
4:45-5:30 p.m. POWER PUMP 45 KRISTI	4:45-5:30 p.m. ZUMBA 45 JENNIFER	4:45-5:30 p.m. POWER PUMP 45 KRISTI	4:45-5:30p.m. ZUMBA 45 CARLA 7/1-7/15 ABBIE 7/22-7/31	4:45-5:30 p.m.* POWER PUMP 45 KRISTI	<p align="center"><u>Dictionary.com</u> be·lieve [bih-leev] <i>verb</i></p> <p>1. to have confidence in the truth, the existence, or the reliability of something, although without absolute proof that one is right in doing so: <i>Only if one believes in something can one act purposefully.</i></p> <p align="center">be·lieve in your strength & abilities ☺</p> <p align="center">Benicia Fitness No Judgments</p>	
5:30-6:30 pm. MAT PILATES CARLA RIDE (SIGN UP) JOY	5:30-6:30 pm. RESISTANCE JASINE 7/1-7/13 ABBIE 7/20-7/31	5:30-6:30 pm. MAT..PILATES JENNIFER RIDE (SIGNUP) NEELEY, JOY, LORI, ABBIE..IN THAT ORDER	5:30-6:30 pm. RESISTANCE JASON 7/1-7/15 ABBIE 7/22-7/31			
6:45-7:45pm CIRCUIT STATIONS KRISTI	6:00-7:00p.m. RIDE JOY OR LORI (SIGN UP) 6:30 -7:30 pm YOGA-LATES JASMINE.	6:30 -7:30 pm YOGA ☺ RHONDA	6:30 -7:30 pm YOGA-LATES JASMINE			
	7:30 -8:30 pm * MICHELLE & BEV TAE BO[®]		7:30-8:30pm* MICHELLE & BEV TAE BO[®]			



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.

STEP: WARM-UP, 35-40 MIN. CARDIO USING THE "STEP"+ AB'S & COOL DOWN

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

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

MAT PILATES: FOCUS ON CORE STRENGTHENING, FLEXIBILITY,& STRETCHING BALANCE RELAXATION 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

RESISTANCE: SCULPTING CLASS USING ALL THE FUNCTIONAL METHODS OF TRAINING SUCH AS RESIST-A-BALLS, TUBES, BANDS AND MORE.WEIGHTS/BARS/TUBES+ AB'S & COOL DOWN

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.

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

TAE BO HIGH-CARDIO CLASS THAT INCORPORATES BOXING, MARTIAL ARTS AND DANCE MOVES. FOCUS IS ON A FULL-BODY WORKOUT, INCLUDES SCULPTING, TONING UPPER-BODY , LOWER-BODY & MIDSECTION. BURN 600-1000 CALORIES PER CLASS.

TAE BO EXTREME HIGH INTENSITY CARDIO AND FULL-BODY SCULPTING CLASS. INCLUDING BOXING AND MARTIAL ARTS MOVES AND COMBOS.

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

JULY 2010

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