

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 * 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	Saturday daycare ADDED BACK 8:30-11 am	
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
9:00-10:00am ZUMBA CARLA 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 TAEBO[®] 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. * SUPERSCULPT 45 LORI	4:45-5:30 p.m. * ZUMBA 45 JENNIFER	4:45-5:30 p.m. * CARDIOSTRENGTH 45 JENNIFER	4:45-5:30p.m. * ZUMBA 45 CARLA	4:45-5:30 p.m. * BODYBLAST 45 JOY
5:30-6:30 pm. MAT PILATES CARLA RIDE (SIGN UP) JOY	5:30-6:30 pm. STEP INTERVAL JASMINE	5:30-6:30 pm. MAT..PILATES JENNIFER RIDE (SIGNUP) MONIQUE	5:30-6:30 pm. RESISTANCE MONIQUE	First street closed for Craft Fair sat. 9/18, but we're open... Business as usual! ☺
	6:00-7:00p.m. RIDE JOY OR LORI (SIGN UP)			
NEW! 6:30-7:30 pm CARDIOSCULPT Lori G.	6:30-7:30 pm YOGA-LATES JASMINE	NEW! 6:30-7:30 pm CARDIOSCULPT Lori G.	6:30-7:30 pm YOGA-LATES JASMINE	
	7:30-8:30 pm * MICHELE & BEV TAEBO[®]		7:30-8:30pm* MICHELE & BEV TAEBO[®]	

Benicia Fitness
No Judgments

**THIS REVISED
SEPTEMBER
CLASS
SCHEDULE
TAKES EFFECT
ON FRIDAY 9/17**

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.

20/20/10 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!

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.

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

STEP INTERVAL: WARM-UP, ALTERNATE INTERVALS OF CARDIO "STEP", WEIGHTS/BARS+ AB'S & COOL DOWN.

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** 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

SEPTEMBER 2010

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