

THE SWIMMING HOLE GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 am SPINNING & ABS heidi (c/p)	6:30 - 7:30 am EARLY RISER molly (p)	7:55 - 8:20 am POWER KRANKING jeremy (c)	7:00 - 8:00 am EARLY RISER molly (p)	6:00 - 7:00 am YOGA melissa (p)	8:00 - 8:55 am TOTAL BODY CONDITIONING justina (p)	
7:55 - 8:20 am POWER KRANKING jeremy (c)	7:45 - 8:20 am ARMS & ABS charlotte (c/p)	8:00 - 9:00 am JUMP ROPE molly (p)	8:30 - 9:20 am SPINNING ENDURANCE/INTERVALS WEEKLY ROTATION angie (c)	8:00 - 9:00 am TOTAL BODY CONDITIONING molly (p)	9:00 - 10:00 am SPINNING INTERVALS justina (c)	9:00 - 10:00 am SPINNING STRENGTH justina (c)
8:30 - 9:30 am TRIPLE THREAT charlotte (c/p)	8:30 - 9:30 am YOGA maggie (p)	9:10 - 10:00 am PRIMAL TRAINING™ sean (p)	8:30 - 9:30 am YOGA jesse (p)	9:10 - 10:00 am PRIMAL TRAINING™ sean (p)	9:00 - 10:00 am YOGA judith (p)	9:00 - 10:00 am YOGA kate (p)
	8:30 - 9:20 am SPINNING STRENGTH molly (c)					
4:30 - 5:25 pm YOGA cynthia (p)		4:30 - 5:25 pm YOGA melissa (p)				
5:30 - 6:20 pm POWER 50 molly (p)	5:30 - 6:30 am SPINNING INTERVALS melissa (c)	5:30 - 6:20 pm PILATES louisa (p)	5:30 - 6:30 pm SPINNING & ABS jessica (c)			

KEY

(c) = Cycling Room
(p) = Program Room

SPECIAL NOTES

Class Fee = \$6
Classes & Instructors subject to change
Group Memberships Available
Non Members Welcome, Class Fee PLUS Day Fee will apply

Nov 1 - 30

THE
SWIMMING
HOLE

For more info please visit our website www.theswimmingholestowe.com

CLASS DESCRIPTIONS

PROGRAM ROOM CLASSES

JUMP ROPE - Burn Fat and Body Sculpt. A total body fat burning workout combining intervals of jump rope with strength training exercises for the upper and lower body followed by a solid section of abdominal work. Jumping rope is INTENSE!! Intermediate to advanced levels.

PRIMAL TRAINING™ - All Primal Trainer™ exercises incorporate the Integrated Core Technique™ (ICT). By way of Vertical and Horizontal body angles, you develop strength in three dimensions. This training results in a strong, stable and mobile kinetic chain (muscle, bone & nervous system).

ABS & ARMS - Tone your arms with 20 minutes kranking & blast your abs with a 10 minute abs intensive that will have you begging to quit after 5 minutes.

TOTAL BODY CONDITIONING - Get ready to improve your overall fitness with an alternate strength training & cardio intervals. Come prepared to work hard.

EARLY RISER - Your morning & fitness, 15 minutes segments targeting, arms, legs, abdominals, plus a cardio segment.

TRIPLE THREAT - A total body workout to increase overall fitness. 30 minutes spinning followed by strength training to tone, strengthen the core and improve cardiovascular fitness using any combinations of Bosu, steps, bar, dumbbells, bands and balls.

POWER 50 - 20 minutes lower body, 20 minutes upper body and 10 minutes abdominals.

MIND BODY CLASSES

YOGA (Beginner) - Open to new students as well as those with an established practice. A well-balanced yoga class that emphasizes breath-directed movement, alignment and steady concentration. This class increases strength, flexibility and balance.

PILATES - Improve your posture, strengthen your back, abdominal and buttocks, improve energy levels and become more visibly toned with this mat class.

SPINNING CLASSES

ENDURANCE RIDE - Find a comfortable pace and hold it to increase aerobic fitness by maintaining a steady heart rate during this class. Your endurance zone is 65-75% of your max heart rate, the fuel of choice in this class is FAT.

INTERVAL RIDE - Utilizes intervals of higher intensity work with active recovery intervals to increase base fitness and get an accurate measurement of fitness improvement by monitoring recovery heart rate. Interval zone intensity is 65-92% of maximum heart rate.

STRENGTH RIDE - Steady consistent pedaling at a higher resistance. This class promotes muscular and cardio fitness. The strength zone is 75-85% of your max heart rate.

SPINNING ENDURANCE/ INTERVALS (weekly rotation) - Enjoy the benefits of both SPINNING ENDURANCE & SPINNING INTERVALS with this weekly rotation. of your max heart rate.

KRANKING - UPPER BODY CYCLING CLASSES

POWER KRANKING - A high intensity workout, it will peak heart rates while producing a high caloric burn. 60-100% of MHR.

For more info visit our website www.theswimmingholestowe.com