

WINTER 2009-10 Class Schedule

Includes 20 classes FREE for Premier members and 2 classes ALWAYS FREE for anyone

Voted 2008 & 2009 "READER'S CHOICE" for Best Gym in Austin Fit Magazine
 December 1, 2009 - February 28, 2010



Erin Truslow, Indoor Cycling Instructor

Class Descriptions

Kajukenbo Kids - Robert
 Appropriate for ages 5-11, children will learn strict discipline and the highest respect for themselves, others, and the chief instructor. In addition, highly effective conflict resolution skills will be taught. Make sure your child brings a water bottle, or sports drink. They are required to wear black karate uniforms which can be purchased the first class. Until then, students must wear all black. All levels

Cardio Circuit - Hilary, Tatum
 In this class you will get the cardio workout you desire mixed with the strength exercises you need. Join Hilary and Tatum in this circuit style, upbeat routine set to music that keeps you motivated for the entire hour! Participants will alternate between light full body strength exercises and bursts of cardio to help torch calories and keep you sweatin'! All levels

NEW! Cardio Circuit PLUS! on Tuesdays with Hilary incorporates an extra boost of outdoor running! Levels 1-3

Cardio Kickboxing - Robert, Amid
 Gain confidence, strength, and lean muscle in cardio kickboxing class. Learn how to properly throw punches and kicks, and connect them into combinations. We don't kick in the air here, we hit 80 pound pro heavy bags. All levels

Indoor Cycling - Jerry, Erin, Amy, and Lisa
 Whether you are a cyclist wanting to improve performance or simply looking for a motivating cardio workout, you will enjoy our high energy indoor cycling classes. We implement the major components of cycling training with a variety of teaching styles. You will gain pedaling efficiency, recover faster, and push that bigger gear with a lower heart rate. All levels

Easy Spyn - Celeste
 This 30 minute light-hearted, gentle indoor cycling class is back by popular demand. Goes great before Tu/Th 6pm Vinyasa! Bring athletic shoes or cycling shoes. No experience required, best for beginners. Level BEG

Indoor Cycling PLUS - Amy
 Get killer cardio and stronger abs in one class! Join Amy for 55 minutes of high intensity cycling and then move to 30 minutes of cycling specific stretches and ab exercises. Participants are welcome to stay just for cycling or arrive at 7pm for abs and stretch. All levels

Target Toning - Hilary
 Work to tone all areas of your body including those hard to reach glutes, hips, abs, and arms. You'll work spot exercises with light weights, resistance bands, balance balls and your own body to achieve the trim and toned look you want. All levels

Back to Basics Conditioning - Robert
 No frills, no thrill, no heart rate monitors. Former football athlete, Robert Reed, dishes out a special mix of motivational instruction in a boot camp like style. Old fashioned training methods and an outdoor setting guarantee you will first find, then exceed your limits. In this class sports specific and agility training are a bonus; bring a water bottle to stay hydrated. All levels

Plyo Burn - Amid
 Commonly referred to as one of the quickest and intense ways to burn calories while consistently improving strength and endurance, plyometrics continue to gain popularity with everyone who is looking for top results. All levels

Plyo Burn PLUS! on Wednesdays with Amid steps up the intensity just a notch! Expect new exercises & surprises each week! Levels 1-3

Castle Core - Hilary, Tatum
 This 45 minute class will blast your abs to a new level of tone! Using body weight, balance balls, and resistance bands you will whittle your middle in this new fitness class addition! All Levels

NEW! Pilates Mat Express - Stephanie
 Get your Pilates fix in a quick 45 minute Mat format class. Previous Pilates Mat knowledge is recommended to keep with the flowing rhythm of this class. Absolute Beginner? Try a private or small group session first! Level 1-2

Beginner Pilates Equipment - Stephanie
 Develop core strength, loosen joints, and correct faulty body mechanics without building bulk. You will discover each piece of equipment in our studio and the fundamental movements of the Pilates method in this unique results-driven class designed **specifically for newcomers**. Level BEG-1

MORE CLASSES! Cardio Pilates Circuit - Stephanie
 Get a unique cardio workout by using the jumpboard and the chair to increase your heart rate. This fast paced class is for the advanced student. A firm understanding of how the equipment works is required and is not recommended for those with knee or ankle injuries. Levels 2-4

Intermediate Pilates Equipment - Desi, Stephanie
 Rotate among the chair, the reformer, the wall unit and the mat for a workout guaranteed to produce results. You will perfect a number of intermediate movements in this fast paced sequence designed to please both the expert and the adventurous intermediate. Levels 2-3

NEW! Advanced Pilates Equipment - Stephanie
 If you have been working at the intermediate level for a long time and are ready to move into more adventurous advanced moves then this is the class for you. Know your terminology and be prepared for some acrobatics. Preferably no injuries.

Gift Idea!

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 Healthy MIND- BODY - YOU

Prices	Best Value! VIP Membership		Single Class	10 Class Card	20 Class Card	31 Day Unlimited	31 Day Unlimited Pass includes full gym use
	Short Term	\$129/mo	\$387 3 months	Walk-In \$16	\$132	\$220	
Year Term	\$112/mo	\$1232 12 months	Premier Members \$8	\$66	\$110		

10 Class Cards = 6 mo. expiration 20 Class Cards = 12 mo. expiration
cards are non-refundable

Gym Hours of Operation
 Monday-Friday 5:30am-9pm
 Saturdays & Sundays 8am-7pm

Fitness & Pilates Class Instructors

