



## CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6 - 7 am</b> FUZION FIT™** Express w/ Tree  <b>7:30 – 8:30 am</b> ZEN YOGA w/ Ann  <b>8:30-9:30 am</b> PILATES MAT w/Laura  <b>9:45-10:45 am</b> FUZION FIT™** Express w/Andrew  <b>10:45-11:45 am</b> FUZION FIT™** Reactive w/ Tree	<b>6 :30 - 8 am</b> POWER YOGA w/Donna  <b>8:30-9:30 am</b> QI-GONG w/Dr. Kevin  <b>9:45-10:45 am</b> FUZION FIT™** Basics w/ Izaak  <b>10:45 – 11:45 pm</b> FUZION FIT ** Strength w/ Matt	<b>6 - 7 am</b> FUZION FIT™** Express w/ Tree  <b>7:30 – 8:30 am</b> ZEN YOGA w/ Ann  <b>8:30-9:30 am</b> PILATES MAT w/Laura  <b>9:45-10:45 am</b> FUZION FIT™** Express w/Matt  <b>10:45 – 11:45 am</b> FUZION FIT™** Stability w/ Andrew	<b>6 :30 - 8 am</b> POWER YOGA w/Donna  <b>8:30-9:30 am</b> QI-GONG w/Dr. Kevin  <b>9:45 - 10:45 am</b> FUZION FIT™** Stability w/Andrew  <b>10:45-11:45 am</b> FUZION FIT™** Reactive w/ Tree	<b>6 - 7 am</b> FUZION FIT™** Express w/Izaak  <b>8:30-9:30 am</b> ADVD PILATES w/Laura  <b>9:45 – 10:45 am</b> FUZION FIT™** Basics w/ Matt  <b>10:45 – 11:45 am</b> FUZION FIT™** Express w/ Andrew	<b>8:30 – 9:30 am</b> ZUMBA w/Connie  <b>9:45 – 10:45 am</b> FUZION FIT™** Express w/ Matt  <b>11 -12:30 pm</b> POWER YOGA w/ Christian	<b>8 – 9:30 am</b> POWER YOGA w/ Christian  <b>9:45 – 10:45 am</b> KETTLE BELLS w/ Tree  <b>11 -12:30 pm</b> POWER YOGA w/ Christian
<b>12 – 1:30 pm</b> POWER YOGA w/ Melody  <b>4 - 5 pm</b> RIPPED w/ Tree  <b>5:15 - 7pm</b> FUZION FIT™** w/ Tree  <b>7 – 8 pm</b> ZEN YOGA w/ Danno  <b>8 - 9 pm</b> Open CAPOEIRA	<b>12:15- 1:30 pm</b> MAUI TUMBLERS w/ Paul  <b>2 – 3:30 pm</b> BELLY DANCE w/ Rosalind  <b>4 – 5 pm</b> ZEN YOGA w/ Pia  <b>5:15 pm</b> Kettle Prep <b>5:45 – 6:45 pm</b> KETTLE BELLS w/ Tree  <b>7 – 8 pm</b> DEEP STRETCH Yoga w/ Pia	<b>12 -1:30 pm</b> POWER YOGA w/ Melody  <b>4 – 5 pm</b> POWER YOGA w/ Pia  <b>5:15 - 7pm</b> FUZION FIT™** w/ Izaak  <b>7 - 8 pm</b> ZEN YOGA w/ Danno	<b>12:15 – 1:30 pm</b> MAUI TUMBLERS w/ Paul  <b>4 – 5 pm</b> ZEN YOGA w/ Pia  <b>5:15 pm</b> Double Kettle 101 <b>5:45 – 6:45 pm</b> Double KETTLE BELLS w/ Tree  <b>7 – 8 pm</b> DEEP STRETCH Yoga w/ Pia  <b>8 - 9 pm</b> Open CAPOEIRA	<b>12 -1:30 pm</b> ZEN YOGA w/Suki  <b>1:30 – 2:30 pm</b> BELLY DANCE w/ Rosalind  <b>2:30 – 4pm</b> SOLO FLAMENCO w/ Rosalind  <b>4 - 5 pm</b> RIPPED w/ Tree  <b>5:30-6:30 pm</b> ZUMBA w/Connie  <b>7 – 9 pm</b> BREAK DANCE w/Paul	<b>Classroom Available For Rental</b>	<b>4:00-5:00 pm</b> POWER YOGA w/Sarah  <b>5 – 6pm</b> ZEN YOGA w/ Sarah  <b>6:15 - 8 pm</b> FUZION FIT™** w/ Rebekah

**Effective: April 8th, 2012** | Classes Free to Members | Classes are subject to change. \*\*See front desk for class size restrictions and sign up details.  
All gym rules and regulations still apply. | Please check-in with front desk prior to class participation.



## CLASSES

### KETTLE BELLS

Combines resistance and cardio for a total body challenge. BIG RESULTS despite spending less time in the gym. Work every muscle in the body synergistically. With these core, compound functional, movements learn to master the Rack, Swings, Cleans, Tactical Lunges and figure Eights. This 60 minute routine includes joint mobility warm up, 14 - 2 minute round Kettle Bell exercises and a 10 minute stretch/ cool down. **Private Training Also Available**

**New to Kettle Bells? Join Tree at 5:15 for Kettle Prep or** Schedule a free 30 minute 101 to learn the 3 basic universal kettle moves to keep you moving through class. You will learn SWING, CLEAN and RACK. This is a great time to ask questions or get a form check!

**Double Kettles** – Just like it sounds. A Kettle Bell in each hand. Must obtain instructor approval or attend 101 to take this class. **Advanced**

### PILATES MAT

Core strengthening class. Focus on the breath and clean technique. All levels welcome. All moves can be adjusted for all fitness levels.

**Friday's Class is Advanced, please check with instructor prior to participation**

### QI-GONG

The fundamentals of this traditional exercise system will prepare athletes of any type to avoid injury. Have greater improvement & progress in their sport by addressing key aspects of breathing, foundational strength and flexibility, and establish core balance & fitness. Open to all levels of ability or experience.

### POWER YOGA

Dynamic and strong postural movement, with careful attention to correct alignment. Build up your cardio, muscle endurance and physical strength, while reducing mental stress

### ZEN YOGA

Fluid movement connected with breath. Optimize overall health and physical strength. Increase body awareness, flexibility and balance, while mindfully centering yourself.

### DEEP STRETCH YOGA

Slow down and allow your body to relax into deep holds. Release fascia tissue and emotional holding. A deep and nourishing counter-balance to Power Flow Yoga and to your regular work-out.

### MAUI TUMBLERS

Every week, your child can participate in a gymnastics class consisting of warm up and stretching, skills review, new skill activity, obstacle course and conditioning. They offer a safe and non-competitive environment, where each student will be able to have fun, meet and play with other students, learn new skills and develop physically. Maui Tumblers also offer private lessons, birthday parties, and cheer classes

### SOLO FLAMENCO

### BREAK DANCING

The class will consist of classic Bboy/girl top rock, footwork, & freezes for beginners and for dancers who need to work on foundation, top rock, & floor rock.

### BELLY DANCE

Experience the Beauty and Magic of the ancient art of bellydance with Rosalind Modica. Mixed levels, all are welcome. Come explore the Goddess within. Breathwork, Gentle isolations, Basic steps and combinations, musicality, creative expression and more...

### RIPPED

Experience this total body workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, and Endurance components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective...

### CAPOEIRA - This is an open practice, no instruction

An Afro-Brazilian martial art developed initially by African slaves in Brazil, starting in the colonial period. It is marked by deft, tricky movements, often played on the ground or completely inverted. It also has a strong acrobatic component in some versions and is always played with music

### ZUMBA

Dance yourself fit ! It's fun and exhilarating just keep moving and smiling, there's no wrong way of doing Zumba. The best thing is anyone can do it – Join Connie for a great class and experience the love of Zumba.

Classes below are offered at an additional cost to members. See front desk for details:

**Power Plate Booty Blast** Limited to 6 people

Sundays at 5:15 pm

**Power Half Hour** Limited to 8 people

Monday 5 pm , Wednesday 8 am

**FUZION FIT™ Classes:** Ff all you need to get the body you want and the performance you desire!

**Ff Express:** 16 workout rounds at 2 minutes 20 seconds each with 25 sec rest in-between. Biking and rowing machines make up half the rounds and the other 8 are a variety of exercises that cover the whole body. The exercises work with all types of Upcountry Fitness equipment from basic floor exercises to Kettlebells, stability balls and even the infamous "straps" (suspension training). This class is the next best thing to having your own personal trainer. You will be in and out in one hour!

**Ff Stability:** Working off the same amazing template as all our exclusive Ff classes with the exercise selection focused on core (all muscles that work with the spine) and balance. This class is a great way to get your body ready to do any physical endeavor from trying the Ff endure class or maybe you want to pick up stand up paddling. Either way you will need the foundation that this group training can provide you.

**Ff Strength:** Staying with the 16 rounds at 2:20 each, the 8 exercise rounds are based on functional strength movements. The push, the pull, the press, squats, lunges, etc, etc. This class will tone all the major muscle groups: arms, legs, chest, back and everything in-between.

**Ff Reactive:** Still staying with the 16 rounds but now all the exercises are going to be plyometrics and agility. This class is for advanced students and not recommended for anyone with an injury or chronic pain.

**Ff (the original):** This is basically all the Ff put together! This class is 20 rounds of 3 min each with 30 second rest periods. You will perform 10 exercises that will challenge the body in all forms possible. We recommend taking all the other Ff classes a couple of times before you attempt this one!

**FF Basic:** This Ff class is tailored to work with the active aging and people working with injury rehabilitation, as well as mummies-to-be. Students will still follow the same four station format but in this specialized class the rounds are shorter and there is a 30 sec rest after every round.. The 8 exercises will be geared toward spinal stabilization, balance in all planes of motion and functional strength movements. This class will improve your life physically.

### Gym hours

Monday to Friday 6am - 9pm  
Saturday and Sunday 8am - 8pm  
**(808) 575 7334**