

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00 – 7:00 ULTIMATE BOOT CAMP Violet	6:00-7:00 BODY CYCLE Lisa	6:00 – 7:00 ULTIMATE BOOT CAMP Violet		6:00 – 7:00 ULTIMATE BOOT CAMP Violet		
8:00 – 9:00 BODY CYCLE Evely		8:00 – 9:00 BODY CYCLE Evely		8:00-9:00 YOGA SCULPT Nancy		
8:30 – 9:30 PILATES MAT Carl	8:30-9:30 STEP Jerome	8:30 – 9:30 PILATES W/PROPS Carl	8:30-9:30 STEP Jerome	9:00 – 10:00 BALLET FIT Carl	9:00 - 10:00 STEP Jerome	9:00-10:00 STEP Jerome
9:30 – 10:15 ZUMBA Patti	9:30 – 10:30 BODY TECH Jerome	9:30 – 10:15 ZUMBA GOLD Joy/Patti	9:30 – 10:30 BODY TECH Jerome	9:00 – 10:00 BODY CYCLE Patti	9:00 - 10:00 BODY CYCLE Barry	10:00 – 11:00 BODY CYCLE Barry
10:15 – 10:30 CARDIO ABS Patti	10:35 – 11:50 INNER FORCE YOGA Sara Beth	10:15 – 10:30 BALL CORE Patti	10:30 – 11:30 ZUMBA Ana	10:00 - 11:00 FUNCTIONAL STRENGTH Patti	10:00 - 11:00 BODY TECH Jerome	11:00 – 12:15 HARMONY YOGA Nikki
10:30 - 11:30 FUNCTIONAL STRENGTH Patti		10:30 - 11:30 FUNCTIONAL STRENGTH Patti		11:00-11:15 STRETCH Patti	11:00 – 12:15 INNER FORCE YOGA Sara Beth	
11:30-11:45 STRETCH Patti		11:30-11:45 STRETCH Patti				
5:30 – 6:45 INNER FORCE YOGA Sara Beth		5:30 – 6:45 INNER FORCE YOGA Sara Beth				
6:00-7:00 BODY CYCLE Nick	5:45 – 6:45 CARDIO BOOTCAMP Christine	6:00-7:00 BODY CYCLE Nick	5:45-7:00 FLOW YOGA Nancy			
6:45-7:45 ZUMBA Kelli	6:45 – 8:00 FLOW YOGA Nancy	7:30-8:30 ZUMBA Kelli				

CLASS DESCRIPTIONS

ZUMBA Ditch the workout and join the party in this high energy, exciting dance fitness class that incorporates Latin, hip hop, reggaeton, and international music to create a dynamic, exciting and effective fitness system. The cardio based dance movements are easy to follow and target the major muscle groups of the legs, hips and core.

ZUMBA GOLD Taught by Zumba Gold Master Trainer Joy Prouty The same great Zumba workout created to emphasize the basic steps of Zumba, so easy to follow, everyone can do it!

THE ULTIMATE BOOT CAMP Run, jump, push, pull and play. Get faster and stronger, feel and look better with Violet's Ultimate Boot Camp. It's hard work and lots of fun, as you tackle new tasks and master familiar ones. Questions regarding this class can be answered by contacting Violet at www.violetmess.com.

CARDIO BOOTCAMP A full body workout designed to firm you up from head to toe. An intense workout combining cardio intervals with strength training exercises which will keep your heart pumping while building strength and endurance and burning calories to the max!!

STEP A fun and challenging cardio workout for all levels using the step.

BODY CYCLE Indoor cycling at it's best! Enjoy creative workouts taught by master instructors with awesome music for the maximum cardio and calorie burn. NOTE: Water bottle and towel is required when attending class. You may reserve a bike 24 hours in advance, by contacting the front desk.

BODY TECH Improve your strength and endurance by adding this effective muscle-conditioning workout into your fitness routine. Proper form and technique are emphasized, in this body-changing class that may include the use of dumbbells, bodybar, tubing, balls, and the step to target all major muscle groups.

CARDIO ABS A 15 minute high intensity ab blaster class designed to challenge the core in all planes of motion.

FUNCTIONAL STRENGTH Enhance sports specific and every day movement patterns in this class that involves performing work against resistance while targeting the core. Effectively use your bodyweight in conjunction with equipment to improve your strength, coordination, balance and functional movement patterns.

BALL CORE A core-focused strength class utilizing stability and medicine balls.

INNER FORCE YOGA Developed and taught by Sara Beth Force, Inner Force Yoga is traditional Hatha yoga with a focus on turning your awareness inward, combined with dynamic postures, stretches and breathing techniques.

YOGA SCULPT Challenge yourself in this blended class using yoga and functional movement to improve strength, flexibility and mental focus. Water and towel suggested.

YOGA FLOW A fast paced flow style yoga class that moves fluidly through the poses.

HARMONY YOGA Bring your body, mind and spirit into a strong flow of balance and alignment. Explore, discover and awaken yourself, breathe deeply and challenge the edges of your own flexibility and strength, as we hold and move through the asanas together. All levels welcome.

PILATES MAT A Pilates mat class that features strength and stability exercises with a focus on the core muscles.

PILATES with PROPS A Pilates mat class that incorporates various props into the traditional mat class.

BALLET FIT Intensified core work using ballet barre syllabus.

STRETCH 15 minutes of flexibility and relaxation



GROUP EXERCISE

SCHEDULE

EFFECTIVE DATE NOVEMBER 29, 2010

HOURS OF OPERATION

Monday – Thursday
5:30 am - 10 pm
Friday
5:30 AM - 9 PM
Saturday - Sunday
8 am - 6 pm

ULTIMA KIDS CLUB HOURS

(Supervised play area)
Monday – Friday 8am-12pm
Saturday 8am-12:15pm

ULTIMA GROUP EXERCISE STAFF

Ana de Augustinis
Jerome Fresch
Lisa Goodkin
Sara Beth Force
Barry Gearheart
Carl King
Christine Lange
Nancy Mantell
Kelli Michelle
Violet Mess-Hector
Evely Nelgrove
Joy Prouty
Nikki Rattinger
Nick Thorne
Patti Wilmoth
Program Director

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