

<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
6:00 am – 7:00 am <b>ULTIMATE BOOT CAMP</b> Anthony W.		6:00 am – 7:00 am <b>ULTIMATE BOOT CAMP</b> Anthony W.		6:00 am – 7:00 am <b>ULTIMATE BOOT CAMP</b> Anthony W.		
8:30 am -9:30 am <b>BODY CYCLE</b> Evely		8:30 am -9:30 am <b>BODY CYCLE</b> Evely		8:00 am -9:00 am <b>YOGA SCULPT</b> Lizzy	9:00 am - 10:00 am <b>BODY CYCLE</b> Roland	
8:30 am – 9:30 am <b>PILATES MAT</b> Gregg	8:30 am-9:30 am <b>STEP</b> Christine	8:30 am – 9:30 am <b>PILATES/PROPS</b> Gregg	8:30 am -9:30 am <b>STEP</b> Christine	9:00 am – 10:00 am <b>ZUMBA</b> Ana D.	9:00 am – 10:00 am <b>STEP</b> Jerome	9:00 am - 10:00 am <b>STEP</b> Jerome
9:30 am – 10:30 am <b>ZUMBA</b> Ana T.	9:30 am – 10:30 am <b>BODY TECH</b> Christine	9:30 am – 10:30 am <b>ZUMBA</b> Ana T.	9:30 am – 10:30 am <b>BODY TECH</b> Christine	9:00 am – 10:00 am <b>BODY CYCLE</b> Patti	10:00 am-11:00 am <b>BODY TECH</b> Jerome	10:00 am – 11:00 am <b>BODY CYCLE</b> Barry
10:30 am - 11:30 am <b>FUNCTIONAL STRENGTH</b> Patti	10:35 am – 11:50 am <b>INNER FORCE YOGA</b> Sara Beth	10:30 am - 11:30 am <b>FUNCTIONAL STRENGTH</b> Patti	10:35 am – 11:50 am <b>INNER FORCE YOGA</b> Sara Beth	10:00 am - 11:00 am <b>FUNCTIONAL STRENGTH</b> Patti	11:00 am – 12:15 pm <b>INNER FORCE YOGA</b> Sara Beth	11:00 am – 12:15 pm <b>HARMONY YOGA</b> Nikki
6:00 pm -7:00 pm <b>CARDIO KICKBOXING</b> Dariusz	5:45 pm – 6:45 pm <b>BOOT CAMP</b> Anthony W.					
6:00 pm - 7:00 pm <b>BODY CYCLE</b> Roland	6:45 pm – 8:00 pm <b>FLOW YOGA</b> Nancy	6:00 pm - 7:00 pm <b>BODY CYCLE</b> Roland	5:45 pm - 7:00 pm <b>FLOW YOGA</b> Nancy			
7:00 pm - 8:00 pm <b>ZUMBA</b> Gina		6:00 pm - 7:00 pm <b>ZUMBA</b> 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.

**THE ULTIMATE BOOT CAMP** Run, jump, push, pull and play. Get faster and stronger, feel and look better with Anthony's Ultimate Boot Camp. It's hard work and lots of fun, as you tackle new tasks and master familiar ones.

**BOOT CAMP** 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 combined with interesting choreography to keep you coming back for more!

**BODY CYCLE** Indoor cycling at its best! Enjoy creative workouts taught by master instructors with awesome music for the maximum cardio and calorie burn. **NOTE:** Water bottle and towel are 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.

**FUNCTIONAL STRENGTH** Train sports specific and functional movement patterns in this class that involves performing work against resistance while targeting the core. Build strength while effectively using your bodyweight against gravity, in conjunction with equipment while improving your overall stability, coordination and balance.

**INNER FORCE YOGA** Inner Force yoga is a compassionate style of gentle and dynamic poses interspersed with moments of stillness. This unique combination leaves one feeling exquisitely present, whole, joyful and at peace. Appropriate for all levels and a must for beginners. Inner Force Yoga was developed and is taught by Ultima's own certified master level yoga instructor, Sara Beth Force, on staff since 1994.

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

**FLOW YOGA** 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.

**CARDIO KICKBOXING** Punch, kick and sweat your way fit in this exceptional cardio and strength workout combining the basics of boxing and karate. Taught by Dariusz Kuzminski, this class invites all levels to participate in this awesome workout.



## GROUP EXERCISE SCHEDULE

**Effective Date - November 12, 2012**

### HOURS OF OPERATION

Monday – Thursday  
5:30 am - 10 pm  
Friday  
5:30 am - 9 pm  
Saturday - Sunday  
8:00 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  
Gina Donza  
Jerome Fresch  
Sara Beth Force  
Barry Gearheart  
Dariusz Kuzminski  
Christine Lange  
Nancy Mantell  
Kelli Michelle  
Lizzy Moore  
Evelyn Nelgrove  
Nikki Rattinger  
Roland Roth  
Ana Tucker  
Anthony Webb  
Gregg Weiss

**Program Director**  
Patti Wilmoth

**Sales Manager**  
Norris Bell

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