

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

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. This is 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.violetmss.com.

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 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.

SCULPT INTERVAL This will be the most fun you can have on a Sunday morning. This intense muscle toning workout is designed to challenge all fitness levels. Come join the party!

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 and 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 - **DECEMBER 18, 2011**

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

Jerome Fresch

Sara Beth Force

Barry Gearheart

Nancy Mantell

Kelli Michelle

Violet Mess-Hector

Evely Nelgrove

Joy Prouty

Christine Lange

Nikki Rattinger

Roland Roth

Anthony Webb

Gregg Weiss

Program Director

Patti Wilmoth

Sales Manager

Norris Bell

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