

The Solebury Club Fitness Schedule

August 2011

thesoleburyclub.com

215-794-3494

MONDAY				THURSDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
8:30-9:25am	Pump & Flex	Irene	Karate	8:15-9:00am	Spinning®	Kristen	Spin
9:30-10:30am	Spinning®	Carole	Spin	9:00-9:25am	Absolute ABS	Irene	Karate
9:30-10:15am	Lengthen&Strengthen	Lisa	Om	9:30-10:30am	Pump Fusion	Irene	Karate
6:15-7:15pm	Spinning®	Lew	Spin				
TUESDAY				FRIDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
9:00-9:25am	Absolute ABS	Irene	Karate	8:30-9:25am	Kickbox	Ed	Karate
9:30-10:30am	Spinning®	Irene	Spin	9:30-10:25am	Cardio Boot Camp	Gail	Karate
9:30-10:30am	Zumba	Mary	Karate	10:30-11:30am	Zumba	Mary	Karate
WEDNESDAY				SATURDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
8:45-9:45am	Spin®Flex Core	Julie	Spin	8:30-9:25am	Body Shaping	6-Kristi, 13-Irene 20-Julie, 27-Gail	Karate
9:30-10:45am	Kickbox	Greg	Karate	9:00-10:00am	Spinning®	Kristi/Gail	Spin
6:00-7:00pm	Spinning®	Lindsay	Spin	9:30-10:30am	Kickbox	Ed	Karate
7:00-8:00pm	Kickbox	Ed	Karate				

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Absolute ABS: 20 min of intense Abdominal work to strengthen your entire mid section.

Body Shaping: This class will get the heart rate up and create an all over FULL BODY workout. Utilizing all muscle groups and incorporating small blocks of drills, cardio and core. All fitness levels. 60min

Cardio Boot Camp: 60 min

Cardio Kickboxing: High energy, powerful, kickboxing class with intense drill practice and moving into choreographed combinations. 60min

Kickbox: An awesome interval class of combo's on the bag, jumping rope, core training, and lots of lower body sculpting to make this a complete workout

Lengthen&Strengthen: The most important class you can take. Improve circulation, joint mobility, range of motion and relieve stress. 45min

Pump Fusion: An energizing three dimensional body sculpting and cardio class fused with the barbell system to maximize your fitness results. 60min RESULTS!

Spinning®: Spinning® is a heart rate training program for new riders and serious athletes alike. The goal in Spinning® is to build a strong aerobic foundation and help each individual reach his or her fitness goal by utilizing Energy Zones.

Spin® Flex Core: 45 min ride, followed by 15min of core strengthening and flexibility

Zumba® Latin Dance: Zumba utilizes the principals of fitness interval training and resistance training. It is the mixture of body sculpting movements and easy to follow dance steps. Come join the party!!

Note: All classes can be modified to beginner or advanced level of fitness
Classes are subject to change with an average of 3 or less