

# The Solebury Club Fitness Schedule

February 2012

thesoleburyclub.com

215-794-3494

<b>MONDAY</b>				<b>THURSDAY</b>			
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>
8:30-9:25am	Pump & Flex	Irene	Karate	8:30-9:15am	Spinning®	Kristin	Spin
9:30-10:30am	TRX	Eileen	Karate	8:30-9:30am	TRX Semi-Private*	Eileen	Karate
9:30-10:30am	Spinning®	Carole	Spin	9:30-10:30am	Pump Fusion	Irene 2, 16 Eileen 9, 23	Karate
9:30-10:30am	Lengthen&Strengthen	Lisa	Om	6:00-7:00pm	Indoor Cycling	Jen	Spin
10:30-11:30am	TRX Semi-Private*	Eileen	Karate	7:00-8:30pm	Beginner Tango	Pierre	Om
6:15-7:15pm	Spinning®	Renee	Spin	8:30-10:00pm	Intermediate Tango	Pierre	Om
6:45-7:45pm	TRX	Eileen	Karate				
<b>TUESDAY</b>				<b>FRIDAY</b>			
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>
9:00-9:25am	Absolute ABS	Ann Marie	Karate	8:30-9:25am	Kickbox	Ed	Karate
9:30-10:30am	Zumba	Mary	Karate	9:30-10:25am	Tabata & Intervals	Maggie	Karate
9:30-10:30am	Spinning®	Irene	Spin	10:30-11:30am	Zumba	Mary	Karate
6:45-7:45pm	Kickbox	Ed	Karate				
<b>WEDNESDAY</b>				<b>SATURDAY</b>			
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>
9:00-10:00am	Spinning®	Sandy	Spin	8:30-9:25am	Total Strength	Jen	Karate
9:00-10:00am	TRX Semi-Private*	Eileen	Karate	9:00-10:00am	Spinning®	Kristi	Spin
10:00-11:00am	Kickbox	Greg	Karate	9:30-10:30am	Kickbox	Ed	Karate
6:45-7:45pm	TRX	Eileen	Karate				

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**Absolute ABS:** Intense Abdominal work to strengthen your entire mid-section 25 min

**Indoor Cycling:** Beat the cold and short daylight hours with group cycling! One of the best ways to stay fit and burn up to 500 calories in one-hour. 60 min

**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. 60 min

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

**Pump and Flex:** Using an adjustable barbell system you tone and strengthen all your muscles, all while getting a great a cardio workout. 60min

**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.

**Tabata & Intervals:** **Tabata** is a high intensity four-minute fat burning cardio workout. **Interval training** is a combination of high and low intensity exercises designed to stimulate your metabolic system, bump you off your exercise plateau, and burn tons of fat calories! Combined with serious strength training, this class encompasses a total body workout in just one hour. Each week will offer a different experience so the mind and the body remain stimulated. What to expect: This class is not typical and will change weekly. Some of the formats include: circuit training, choreographed kickboxing, weight training, partner work, isometrics, body awareness, animal movements, abdominal work and much more! 60min

**Tango Beginner:** The fundamentals of embrace, musical interpretation, and basic steps and patterns, starting from scratch \$20 per class, \$75 package of 4 classes (1 month), \$140 package of 8 classes (1 month)

**Tango Intermediate:** More figures, embellishments and improvisations \$20 per class, \$75 package of 4 classes (1 month), \$140 package of 8 classes (1 month)

**Total Strength:** A full-body workout, targeting all your major muscles using barbells and weights. 60min

**TRX:** Using gravity and your own body weight you will build strength, power, balance, coordination, flexibility, core and joint stability, all while preventing injuries, and increasing bone density. 60min (Max 16 participants)

**TRX Semi-Private\*:** Drop-In Rate \$18, 5-pack \$80, 10-pack \$150. 60min (Max 8 participants)

**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