

The Solebury Club Fitness Schedule

Effective 9/13/10

thesoleburyclub.com

215-794-3494

MONDAY				THURSDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
8:30-9:30am	Pump & Flex	Irene	Karate	8:30-9:25am	Cardio Mix NEW	Dori	Karate
9:30-10:30am	Spinning®	Carole	Spin	9:30-10:30am	Pump Fusion	Irene	Karate
9:30-10:15am	Lengthen&Strengthen	Lisa	Om				
9:30-10:30am	Gauntlet (\$20/class) ^{New}	Greg	Karate				
6:15-7:15pm	Spinning®	Lew	Spin				
TUESDAY				FRIDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
8:30-9:00am	Express Circuit ^{New}	Greg	Karate	9:00-9:25am	Express Circuit	Gail	Karate
9:00-9:25am	Absolute ABS	Irene	Karate	9:30-10:30am	Spinning®	Gail	Spin
9:30-10:30am	Spinning®	Irene	Spin	9:30-10:30am	Kickbox	Ed	Karate
9:30-10:30am	Zumba	Mary	Karate	10:30-11:30am	Zumba NEW	Mary	Karate
WEDNESDAY				SATURDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
8:45-9:45am	Spin®Flex Core	Irene	Spin	8:30-9:30am	Strength Interval	Staff	Karate
9:15-10:15am	Kickbox	Greg	Karate	9:00-10:00am	Spinning®	Carrie/Lew	Spin
10:20-11:15am	BBL ^{New}	Ellen	Karate	9:30-10:30am	Kickbox	Matt	Karate
6:00-7:00pm	Spinning®	KC	Spin				
7:15-8:15pm	Kickbox	Ed	Karate				

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

BBL: Targets your bottom, belly and legs 60min.

Beginner Express Spinning®: Learn bike set-up, core-movements and enjoy a quick ride.

Body Shaping: Build lean muscle and boost your metabolism using weights, bands and body bars 60min.

Cardio Mix: Creative combinations of hi lo movements strengthening the upper and lower body during a great aerobic workout.

Express Circuit: 30min weight circuit

Gauntlet: Intense full-body workout \$20/class 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.

Spinning® Express: 30-40 min ride. Great for beginners!!

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

Strength Interval: 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

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