Bianco's Fitness Center

biancosfit.com

January 2012

779-1055

Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am Pump-Ellette 8:00am Abs-Cathy 8:15am Cardio Mix-Cathy 9:00am SilverSneakers-Cathy 4:15pm Pump-Matt 5:30pm Pump-Abby	8:15am Pump-Ellette 9:15am Pilates-Cathy 5:15pm Hatha Yoga-Dr Kerry 6:20pm Zumba-Nikki	5:15am Pump-Ellette 8:00am Abs-Patti 8:15am Cardio Boot Camp-Patti 9:00am SilverSneakers-Patti 4:15pm Pump-Matt 5:30pm Pump-Abby	5:50am Abs-Brett 8:15am Pump-Ellette 5:15pm Hatha Yoga-Jenny 6:20pm Zumba-Nikki	7:30am Cardio-Cathy 8:15am Power Yoga–Audrey 9:00am SilverSneakers-Cathy	**January 7th** 8:15am KICK A** Workout-Kelly **January 14th** 8:00am Zumba-Nikki **January 21st** 8:15am Cardio Fitness Challenge-Cathy **January 28th** 8:00am Zumba-Nikki

Free Week

January 8-14th Bring a Friend for FREE!

Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am $ TRX BodyBlast– Kelly ***CLASS FULL*** 8:15am Indoor Cycling 30-Ellette 9:00am $ TRX BodyBlast-Ellette 10:00am $ Men's ONLY Pilates-Cathy	5:15am Indoor Cycling-Ellette 7:00am $ TRX / Buso Bodyworks-Cathy 12:10pm $ TRX-Audrey 4:15pm $ TRX BodyBlast-Ellette 5:30pm Indoor Cycling30-Kathy 6:15pm $ TRX / Buso BodyWorks-Cathy	5:15am $ TRX BodyBlast-Kelly ***CLASS FULL*** 8:15am Indoor Cycling 30-Ellette 9:00am $ TRX / Buso BodyWorks-Cathy	5:15am RPM30-Ellette 6am $ TRX BodyBlast-Ellette 4:15pm $ TRX-Sydney 5:30pm $ TRX-Sydney	5:15am $ TRX-Audrey ***CLASS FULL*** 6:15am $ TRX BodyBlast-Kelly 9:00am $ TRX Circuit-Ellette	**January 7th** 7:15am $ TRX BodyBlast-Kelly **January 14th** 7:15am $ TRX Body Blast-Ellette 8:15am Indoor Cycling-Ellette **January 21st** 7:15am $ TRX BodyWorks-Cathy **January 28th** 7:15am $ TRX-Audrey 8:15am Indoor Cycling-Ellette

Heart Rate Monitors are Highly Recommended for All Group Fitness Classes!

GROUP FITNESS CLASS DESCRIPTIONS

Member Privilege / On-Line Registration Policy for Pump and Indoor Cycling

The On-Line policy has been implemented to ensure fairness to all members and to provide outstanding Customer Service.

1. Please stop by the Front Desk to check in and receive your pass to class.
2. All member house accounts must be current in order to reserve on-line.
3. If you are unable to attend class at the designated start time your spot will be forfeited.
4. In the event a member reserves a spot in class but cancels and/or no show on (2) or more occasions, on-line privilege will be suspended for (2) weeks.
5. If you have reserved a spot on-line but cannot attend class, please call the Front Desk before the start of class and cancel your spot.

PUMP: Pump is included with Membership. Non-Members pay $8 per class. Pump provides a total body workout incorporating weighted bars and weights. Pump is a high energy class with multiple exercises that will fatigue your muscles and improve your endurance. Pre-Registration Required to serve a spot.

Indoor Cycling: *Indoor Cycling is included with Membership. Non-Members pay $8 per class. Indoor Cycling provides an intense cardio workout for any level. Pre-Registration Required to serve a spot.

Indoor Cycling30: 30 Plus Minute Indoor Cycling Class. Pre-Registration Required to serve a spot.

Abs: 15 Minute core strength workout.

Cardio Boot Camp: Be pushed to the limit with this total body workout. Can you go the distance?

Cardio Mix: Complete Body Workout incorporating cardio and strength endurance. Can you go the distance? Cardio Circuit is designed to increase your heart rate and burn fat.

Pilates: Pilates combines the principles of Pilates mat work with standing cardiovascular rhythmic patters, designed to burn calories while building strength, stamina and balance.

Power Yoga: The name Power Yoga says it all. It is a type of Yoga that will produce a vigorous cardio and full body workout. Power Yoga also promotes metal stability and concentration.

Hath Yoga: All levels class focusing on the integration of classical Hatha Yoga philosophy and practices. Hath Yoga helps to develop flexibility and alignment, by holding postures for longer periods of time. This class is designed to purify and strengthen body, breath and mind.

SilverSneakers Muscular Endurance**:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated and/or standing support. *SilverSneakers Non-Member Rates $5 per class.

Healthways SilverSneakers Fitness Program

SPECIALTY CLASS DESCRIPTION: $ Indicates Specialty class and requires an extra payment

TRX Suspension Training?

TRX stands for Total Resistance Exercise. Developed by a U.S. Navy SEAL, this is a revolutionary method of levered bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. TRX suspension training offers a versatile workout for all skill levels and ages. No matter how fit you are, or how big or strong you are, TRX can be challenging. This tool is used for personal training, by the military, professional sports teams, bodybuilders, and those in mixed martial arts. Whether you are a high performance athlete, a weekend warrior, a stay at home mom, or just someone trying to stay in shape and get an edge, TRX can benefit people from all walks of life. This is a great compliment to any workout.

Space is Limited! Sign-Up On Line or Reserve a Spot

No Show or canceling within 2 hours before the start of class will result in loss of payment and / or loss of Punch.