

# ADRENALINE FITNESS CLASS SCHEDULE - AUGUST 2010

The Big Room							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	<b>BODYPUMP</b> <i>Renaë</i>		<b>BODYPUMP</b> <i>Vanessa</i>		<b>BODYPUMP</b> <i>Kris</i>		
8:30 am		<b>BODYPUMP</b> <i>Tina</i>	<b>BODYATTACK</b> <i>Susan</i>	<b>BODYPUMP</b> <i>Kris</i>	<b>BODYATTACK</b> <i>Gaby</i>		
9:00 am						<b>BODYCOMBAT</b> <i>Alia</i>	<b>BODYSTEP</b> <i>Kristen</i>
9:30 am	<b>BODYPUMP</b> <i>Susan</i>	<b>BODYSTEP</b> <i>Carol</i>	<b>BODYPUMP</b> <i>Stephanie</i>	<b>BODYSTEP</b> <i>Stephanie</i>	<b>BODYPUMP</b> <i>Tina</i>		
10:00 am						<b>BODYPUMP</b> <i>Jake</i>	<b>BODYPUMP</b> <i>Bri</i>
10:30 am	<b>BODYSTEP</b> <i>Stephanie</i>						
11:00 am						<b>BODYSTEP</b> <i>Susan</i>	
12:00 pm		<b>BODYPUMP</b> <i>Gaby</i>					
3:30 pm							<b>BODYPUMP</b> <i>Paige</i>
4:30 pm	<b>BODYSTEP</b> <i>Susan</i>	<b>BODYPUMP</b> <i>Paige</i>	<b>BODYSTEP</b> <i>Carol</i>	<b>BODYPUMP</b> <i>Susan</i>	<b>BODYSTEP</b> <i>Susan</i>		
5:30 pm	<b>BODYPUMP</b> <i>Mandy</i>	<b>BODYATTACK</b> <i>Tina</i>	<b>BODYPUMP</b> <i>Monika</i>	<b>BODYATTACK</b> <i>Gaby</i>	<b>BODYPUMP</b> <i>Renaë</i>		
6:30 pm	<b>BODYCOMBAT</b> <i>Jake &amp; Mandy</i>	<b>BODYPUMP</b> <i>Jake</i>	<b>BODYCOMBAT</b> <i>Jake</i>	<b>BODYPUMP</b> <i>Jeff</i>	<b>BODYCOMBAT</b> <i>Linda</i>		

Cycle Studio							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am		<b>RPM</b> <i>Renaë</i>		<b>RPM</b> <i>Beth</i>			
8:30 am	<b>RPM</b> <i>Renaë</i>		<b>RPM</b> <i>Abby</i>		<b>RPM</b> <i>Renaë</i>		
8:45 am						<b>RPM</b> <i>Amanda</i>	
11:00 am							<b>RPM</b> <i>Lance</i>
4:30 pm							<b>RPM</b> <i>Paige</i>
5:45 pm		<b>RPM</b> <i>Beth</i>		<b>RPM</b> <i>Renaë</i>			
6:45 pm	<b>RPM</b> <i>Linda</i>	<b>RPM</b> <i>Lance</i>	<b>RPM</b> <i>Amanda</i>	<b>RPM</b> <i>Linda</i>			

Shangri-La (Yoga Studio)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 am	<b>BODYFLOW</b> <i>Jake</i>		<b>BODYFLOW</b> <i>Tina</i>				
10:30 am					<b>BODYFLOW</b> <i>Gloria/Jake</i>		
11:00 am						<b>BODYFLOW</b> <i>Michael</i>	<b>BODYFLOW</b> <i>Monika</i>
5:15 pm				<b>BODYFLOW</b> <i>Bri</i>			
6:15 pm	<b>ADRENALINE FIRE (Hot Yoga)</b> <i>Bri</i>	<b>ADRENALINE YOGA</b> <i>Cherri</i>	<b>ADRENALINE FIRE (Hot Yoga)</b> <i>Lance</i>		<b>ADRENALINE FIRE (Hot Yoga)</b> <i>Michael</i>		
7:30 pm		<b>BODYFLOW</b> <i>Monika</i>		<b>BODYFLOW</b> <i>Michael</i>			

AGX Room							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am		<b>ADRENALINE FIT</b> <i>Ken</i>		<b>ADRENALINE FIT</b> <i>Ken</i>			
9:30 am							<b>BODYVIVE</b> <i>Monika</i>
10:30 am						<b>ADRENALINE BALL PILATES</b> <i>Carol</i>	
12:00 pm							<b>ADRENALINE SPARK</b> <i>Reggie</i>
1:00 pm	<b>SILVER SNEAKERS</b> <i>Patricia</i>	<b>SILVER SNEAKERS</b> <i>Patricia</i>	<b>SILVER SNEAKERS CARDIO</b> <i>Patricia</i>	<b>SILVER SNEAKERS</b> <i>Patricia</i>			
5:30 pm	<b>BODYVIVE</b> <i>Monika &amp; Michael</i>	<b>BODYJAM</b> <i>Michelle</i>		<b>ZUMBA</b> <i>Mandy</i>			
6:30 pm	<b>ADRENALINE BOXING</b> <i>Troy</i>		<b>ADRENALINE BOXING</b> <i>Troy</i>				
7:00 pm		<b>BALL PILATES</b> <i>Carol</i>					
7:30 pm	<b>ADRENALINE CORE</b> <i>Troy</i>		<b>ADRENALINE CORE</b> <i>Troy</i>				
8:00 pm		<b>ADRENALINE SPARK</b> <i>Reggie</i>					

- **ADRENALINE BALL PILATES:** Core work using a ball that will define the abs, strengthen the back, and improve posture.
- **ADRENALINE BOXING:** Experience the art of boxing while you lose weight, tone muscle, and gain energy.
- **ADRENALINE CORE:** An intense workout dedicated to strengthening the core and flattening that mid-section.
- **ADRENALINE FIRE:** Adrenaline Fire (hot yoga) offers expert yoga instruction in our specially heated room.
- **ADRENALINE FIT:** Authentic boot camp fitness training for weight loss, complete fitness, and performance improvement.
- **ADRENALINE SPARK:** 30 minute high-intensity interval workout that improves muscular strength and blasts body fat.
- **ADRENALINE YOGA:** Traditional yoga, taught in a soothing atmosphere of low-light and relaxing music.
- **BODYATTACK:** The sports-inspired cardio workout for building strength and stamina.
- **BODYCOMBAT:** The fiercely energetic martial arts workout where you are totally unleashed and empowered.
- **BODYFLOW:** The yoga, tai chi, and Pilates workout that builds flexibility and strength and leaves you centered and calm.
- **BODYJAM:** The latest dance moves and hottest sounds puts the emphasis as much on having fun as breaking a sweat.
- **BODYPUMP:** Challenge yourself with the original barbell class that strengthens and tones your entire body.
- **BODYSTEP:** Give your body a high energy cardio-blast and tone the hips and thighs with over 2,000 steps per session.
- **BODYVIVE:** The low-impact group fitness workout that lets you choose just how hard you work.
- **RPM:** The indoor cycling workout where you ride to the rhythm of powerful music to a calorie burning endorphin high.
- **SILVERSNEAKERS:** Move to the music through exercises for strength, range of movement, and activity for daily living.
- **ZUMBA:** Fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.

**Gym Hours:** Monday through Thursday 5:00 am to 10:00 pm, Friday 5:00 am to 9:00 pm, Saturday & Sunday 7:00 am to 7:00 pm

**Child Care:** Monday through Friday 8:00 am to 12:00 pm and 4:15 pm to 8:30 pm, Saturday & Sunday 8:00 am to 12:00 pm

For more information on our classes, visit [www.adrenalinewellness.com/classes](http://www.adrenalinewellness.com/classes)