



Group Fitness Training Sports Barn North

SUMMER SCHEDULE

STARTING JUNE 5

www.sports-barn.com



PHONE 870-2582

NORTH GFT CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Power Flex 5:15-6:00 a.m. Circuit Training Fitness Floor 6:00-7:00 a.m. Power Flex 8:05-9:00 a.m. Power Flex 10:00-11:00 a.m. Yoga for Athletes "The Studio" 11:30-12:30 p.m. Power Flex 5:00-5:45 p.m. Washboard Abs 5:45-6:00 p.m. Power Yoga "The Studio" 6:00-7:00 p.m. Combat Zone 6:05-7:00 p.m.	Step Interval 5:05-6:00 a.m. Power Flex 6:00-7:00 a.m. Pilates Floor Work 8:05-9:00 a.m. Freestyle Cardio 9:05-10:00 a.m. Washboard Abs 5:15-5:30 p.m. X-Flex 5:30-6:15 p.m. Washboard Abs 6:15-6:30 p.m. Power Flex 6:30-7:30 p.m. 2nd Tuesday 5:30 <i>Free Nutrition Lecture</i>	Power Flex 5:15-6:00 a.m. Circuit Training Fitness Floor 6:00-7:00 a.m. Power Flex 8:05-9:00 a.m. Power Flex 10:00-11:00 a.m. Yoga "The Studio" 11:30-12:30 p.m. Power Flex 5:00-5:45 p.m. Washboard Abs 5:45-6:00 p.m. Yoga "The Studio" 6:00-6:50 p.m. Combat Zone 6:05-7:00 p.m.	Step Combo 5:05-6:00 a.m. Power Flex 6:00-7:00 a.m. Pilates Floorwork 8:05-9:00 a.m. Freestyle Cardio 9:05-10:00 a.m. Washboard Abs 5:15-5:30 p.m. Power Flex 5:30-6:15 p.m. Intro to Power Yoga "The Studio" 6:00-7:00 p.m. Washboard Abs 6:15-6:30 p.m. X-Flex 6:30-7:30 p.m.	 Circuit Training Fitness Floor 6:00-7:00 a.m. Power Flex 8:05-9:00 a.m. Power Flex 10:00-11:00 a.m. Yoga Flow "The Studio" 12:00-1:00 p.m. Friday Night Family Workout 6:00-close	Freestyle Power Flex 8:30-9:45 a.m. Sunday Power Flex 3:15-4:15 p.m. Youth Exercise Class The Studio 2:00-3:00 pm

A minimum of eight participants is required for a class to be continued.

For more information contact: Roseann Grandy: rograndy@comcast.net or
Teresa Potts Wade: teresa_wade@sports-barn.com

GRANDMASTERS' SENIORS CLASSES

MONDAY	WEDNESDAY	FRIDAY
Building Better Bones Guerry Center 10:00-11:15 a.m.	Building Better Bones Guerry Center 10:00-11:15 a.m.	Senior Circuit Class Guerry Center 10:00-11:15 a.m.

COME TO OUR NEW FREE NUTRITION LECTURE ON THE 2ND TUESDAY OF EACH MONTH FROM 5:30-6:30 PM WITH DENISE BROCHETTI, PH.D, RN



North

SUMMER CYCLIN' SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cyclin' 5:30-6:30 a.m.	Cyclin' 5:30-6:30 a.m.	Cyclin' 5:30-6:30 a.m.	Cyclin' 5:30-6:30 a.m.	Cyclin' 5:30-6:30 a.m.	
Cyclin' 9:00-10:00 a.m	Cyclin' 9:30-10:30 a.m.		Cyclin' 9:30-10:30 a.m	Cyclin' 9:00-10:00 a.m	Cyclin' 9:05-10:05 a.m
Cyclin' 5:30-6:30 p.m.	CYCLIN' 5:30-6:30 p.m.	Cyclin' 5:30-6:30 p.m.	Cyclin' 5:30-6:30 p.m.		
	CYCLIN' 6:35-7:30 p.m.				

ENDURANCE CYCLIN':..... Consistent energy usage, complete mental focus (Heart Rate 65-75%)
STRENGTH CYCLIN' Slow, steady hard resistance work (Heart Rate 75-85%)
INTERVAL CYCLIN':..... Flats, hills, acceleration drills and jumps (Heart Rate 65-92%)
RACE DAY: A solid aerobic base must be built (Heart Rate 80-92%)
ATHLETIC WORKOUT:..... Mimics an outdoor workout

GROUP FITNESS, B2B, CIRCUIT TRAINING, & SENIORS' CLASS DESCRIPTIONS

BUILDING BETTER BONES:

SENIOR FITNESS CLASS INCLUDING 15 MINUTES OF LOW IMPACT AEROBICS; 40 MINUTES OF WEIGHT TRAINING, BALANCE TRAINING, AND CORE STRENGTHENING & 20 MINUTES OF FLEXIBILITY TRAINING.

THROUGH THE USE OF VARIABLE WEIGHT BARBELLS. THE EXERCISES ARE PERFORMED TO MUSIC IN A GROUP SETTING. IT IS A BARBELL WORKOUT WITH EMPHASIS ON MUSCULAR STRENGTH AND ENDURANCE.

CIRCUIT TRAINING:

COMBINES CARDIOVASCULAR EXERCISE AND STRENGTH TRAINING IN ONE CLASS.

POWER YOGA:

MORE STRENGTH ORIENTED STYLE OF YOGA.

COMBAT ZONE:

CARDIO KICK BOXING COMBINED WITH ATHLETIC MUSCLE CONDITIONING—GET READY TO SWEAT!

SENIOR MAT CLASS:

COMBINATION OF YOGAFIT AND PILATES BASED MAT WORKOUT WITH CALISTHENICS ADDED.

FREESTYLE CARDIO:

A VARIETY OF CARDIOVASCULAR WORKOUTS TO INCLUDE: INTERVAL STEP, SPEED WALKING, RUNNING, ENDURANCE TRAINING.

STEP COMBO/STEP INTERVAL:

45 MINUTE WORKOUT COMBINING CARDIO MOVEMENTS WITH SCULPTING WORK. GET IT ALL IN 45 MINUTES!

FREESTYLE POWER FLEX:

STRENGTH TRAINING, STABILITY, FLEXIBILITY AND A STRONG CORE/LOWER BACK. USES DUMBBELLS, TUBING, BOSU AND STABILITY BALL. ALL FITNESS LEVELS

WASHBOARD ABS:

THIS IS A 15 MINUTE CLASS DEDICATED TO THE ABDOMINALS. COME PREPARED!

X-FLEX:

KICK BOXING, STEP AND ATHLETIC CONDITIONING MIXED & MATCHED WITH INTENSE CHUNKS OF MUSCLE PUMPING RESISTANCE SETS.

MAT FLEX:

FREESTYLE YOGA/PILATES AND CALESTHENICS BASED MAT WORKOUT INCORPORATING LIGHT WEIGHTS FOR ADDED RESISTANCE

YOGA FOR ATHLETES:

MORE INTENSIVE STYLE OF YOGA TAUGHT IN AN ATHLETIC FORMAT.

PILATES FLOOR WORK:

TRADITIONAL PILATES-BASED WORKOUT

YOGA FLOW:

TRADITIONAL YOGA ASANAS GEARED TOWARDS THE NOVICE PARTICIPANT

POWER FLEX:

INCORPORATING THE SCIENCE OF RESISTANCE TRAINING

YOUTH EXERCISE CLASS:

AGES 6-13. BASIC FITNESS EXERCISES PERFORMED IN A CIRCUIT FORMAT