



kingwestfitness

Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am Studio 1	Quick & Dirty Avril	Quick & Dirty Irina	Quick & Dirty Avril	Quick & Dirty Irina	Quick & Dirty Avril		
						10am JOGA Studio #1	10am JOGA Studio #1
10:00am JUKARI Floor						JUKARI Fit to Fly Level 1 Carla	
10:30am Open Floor						H.I.T. Avril	H.I.T. Avril
11:00am Studio 1 Open Floor						Coryoga Smita	Coryoga Smita
JUKARI Floor 11:15am	12pm-1pm JOGA Studio #1					JUKARI Fit to Fly Level 1 Carla	JUKARI Fit to Fly Level 1 Brit/Laura
12:10 Studio 1 Open Floor Jukari Floor	Pleasure & Pain Irina	Core-Pilates Carla	Pleasure & Pain Irina	Core-Pilates Carla	Pleasure & Pain Irina		
JUKARI Floor 6:15pm	JUKARI Fit to Fly Level 1 Carla	JUKARI Fit to Fly Level 1 Laura	JUKARI Fit to Fly Level 1 Marcella				
6:30pm Studio 1 Open Floor	Coryoga Lee	Power Conditioning Plyometrics Keegan	Joga <u>with Jana</u>	Blood Sweat & Tears Josh			
6:30pm Studio 2	Blood Sweat & Tears Josh	Dancers Body Bootcamp Carla (45 min)		FITNESS IN HEELS Julianna			
7:30pm Studio 1 Open Floor	POWER STRETCH Carla 7:30-8pm	POWER STRETCH Daniella 7:30-8pm	Power Conditioning Plyometrics Keegan	POWER STRETCH 7:30-8PM Julianna			
7:30pm Studio 2	H.I.T. Avril	Zumba Kristen	Fit to Flex Kate/Britney				
7:30pm JUKARI Floor	JUKARI Fit to Fly Level 1 Macella/Britney	JUKARI Fit to Fly Level 1 Carla	JUKARI Fit to Fly Level 1 Marcella				

EFFECTIVE FEBRUARY 1ST, 2012



Group Fitness Schedule

Class Descriptions

Blood Sweat & Tears!: Constantly varied functional movements at high intensity targeting your full body. Expect to sweat, work hard and break plateaus.

Core Pilates: Want flat abs? Pilates exercises are based on a method of body conditioning based on using positioning and gravity to work your muscles. This 45 min class will leave you feeling lean, long and strong

Dancers Body Bootcamp: A fluid body strengthening class that promotes muscle toning while giving you proper dance technique to improve your posture, core, coordination and flexibility.

Fight Club: Cross train like a boxer by combining aerobic boxing drills with strength movements to increase muscular endurance.

FlashDance Body Sweatcamp: Alright ladies! Get your sweat bands, legwarmers and bodysuits because you are going to drip sweat from your entire body with this high energy cardio and resistant based workout. Let's sweat, burn calories and have a giggle at ourselves! Life is too short to take yourself seriously!

H.I.T. Training (High Intensity Training): Full body conditioning that will keep your muscle mass and shed the pounds!

JUKARI Fit to Flex™: Ever wish you could move like a Cirque du Soleil® artist? Come try JUKARI Fit to Flex™, the latest workout created by Reebok and Cirque du Soleil! This high-energy cardio workout harnesses the freedom of movement through dynamic flexibility. You will learn to use the specially-designed JUKARI Band™ to create shapes and flowing movement patterns that will improve flexibility, balance, muscle endurance, as well as work towards greater core strength!

JUKARI POD CLASS: This workout is created on the "JUKARI Flyset", a brand new piece of equipment that gives you strengthening, lengthening, entire body functional training through cardio, strength, balance & core training. If you are a fan of TRX classes you will love these!

JUMP: The truth behind becoming an explosive jumper lies increasing both muscle strength and muscle power, while also increasing the rate at which force is applied. Come work your lower body, core and heart rate.

Nuvo-Burlesque Dance Workout: a stylish, feminine, and sexy dance/fitness work out! You will drip with sweat, laugh, have fun, and most importantly know your value as a confident and beautiful woman!

FITNESS in HEELS: Strut, Pump & Dip till every mans' eyes melt! Strutting out of the room with confidence is an exact result of this class

Pleasure & Pain : Endurance and strengthen training, tone your muscles in this incredibly effective no-nonsense weight and cardio interval training session specifically designed to maximize your total body workout, leaving you stronger and more energized to seize the day!

Power Conditioning: The ultimate cardiovascular and body weight exercise training challenge! Plyometrics (a big word to get you big results) will be used to increase the POWER of your workouts! Intervals combine intense plyometric and agility movements with body- weight based strength movements focused on the upper body and core.

Power Stretch: Pre-workout, Post-workout, or even on your off day! This class is the perfect way to stretch out all of your newly tightened up muscles and relax your body!

Quick & Dirty 30 min: Endurance and strengthen training, tone your muscles in this incredibly effective no-nonsense weight and cardio interval training session specifically designed to maximize your total body workout, leaving you stronger and more energized to seize the day!

ZUMBA: High energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be 'FUN' in order for Zumba is a 'feel happy' workout!."

KWF – YOGA CLASSES

Corvoga: Hatha based yoga program. It combines the many benefits of Yoga stretching, breathing and mental concentration with a gentle but challenging fitness workout.

Joga: Joga with Jana is an active Power Yoga for Strength, Flexibility, and Balance, perfect for men and women. This is the ultimate yoga class for fitness enthusiasts and athletes.