



## Capital Club Group Exercise

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
12:00-1:00pm <b>Fuel</b> Tricia	12:00-1:00pm <b>Spinning</b> Tricia	12:00-1:00pm <b>Boot Camp</b> Ed	12:00-1:00pm <b>Step Sculpt</b> Ed	12:00-1:00pm <b>Vinyasa Yoga**</b> Sarah
12:00-1:00pm <b>Body Sculpt</b> Theresa	12:00-1:00pm <b>Vinyasa Yoga</b> Mary	1:00-2:00pm <b>Zumba</b> Heather	12:00-1:00pm <b>Spinning</b> Theresa	
5:30 – 6:30pm <b>Core Power Yoga**</b> Mary		6:00pm-7:00pm <b>TRX</b> Dan	5:30-6:30pm <b>Vinyasa Yoga**</b> Mary	

\*\* Due to the mental aspect of yoga, late participants to class may not be admitted.

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Club Hours: M-F 5:30a.m. to 9:00p.m., Saturday 9a.m. to 4p.m., Sunday 10a.m. to 4p.m.

41 S. High St. ♦ 7<sup>th</sup> Floor ♦ Columbus, Ohio ♦ 43215  
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**Boot Camp** - This class includes calisthenics, weight training and cardio. This is a high-intensity, nonstop workout, don't miss it!

**Core Power Yoga** – This class will use familiar poses from yoga to help develop core strength. Poses may be held longer than in Vinyasa classes and students will explore different arm balancing poses that require a strong core. Prior yoga experience required.

**Fuel** - Fire up your workouts with this express “Boot Camp” style class which encompasses cardio and circuit training. Maximize your time with this high energy, 45 minute class designed to strengthen muscle groups and improve your cardiovascular fitness.

**Cardio Abs** – This class will not only get you that 6 pack abs you have been wishing for. By utilizing core methods you will also strip fat and lose weight. So get off the floor and stop doing boring crunches, come to class and have fun while targeting your entire body.

**Spinning** - Perfect for most fitness levels, this high intensity indoor cycling class allows you to control the level of your workout. Spin with the instructor as you climb hills and race through sprints. Please arrive 5-10 minutes early to set up your bike... and don't forget to bring a water bottle.

**Step Sculpt** – A great total body weight training class focusing on all the major muscles of the body combined with a step aerobic workout. This is a great cardio class that will get your heart rate up, improve your coordination and condition and tone your muscles.

**Vinyasa Yoga** - This lively flowing yoga practice stretches, strengthens and energizes the body. Great practice for athletic types and experienced yogis looking for a challenging workout.

**Zumba** involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges are also included.

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