



2014

GROUP FITNESS SCHEDULE

700 Myles Standish Boulevard, Taunton, MA 02780
 (508) 967-2601 www.theinnfitness.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00 am	BOOT CAMP Joanne	KICKBOXING Joanne		CARDIO COMBO/STEP Joanne	BOOT CAMP Joanne	8:00 am	ADVANCED STEP Joanne	STEP & TONE Deb
9:00 am or 9:30 am	NEW TIME 9 a.m. BODY SCULPT Amy K.	9:30 am INSANITY Amy M.	9:30 am Leslie	NEW TIME 9 a.m. OUTDOOR FITNESS Amy K.	9:30 am Cheryl	9:00 am	 Leslie	 Deb/Susan
10:30 am	YOGA Judy		PILATES Leslie					
4:30 pm	 ZUMBA toning Patti	CARDIO STEP MASH UP Patti	 Cheryl	TOTAL FITNESS Susan				
5:30 pm	STEP-TENSITY Rhonda	 Deb	YOGA Judy	INTERVELOCITY Rhonda	YOGA Judy			
6:30 pm	 Susan	 ZUMBA GOLD toning Patti	KICKBOXING Susan	 David				
7:30 pm	 ZUMBA FITNESS Lucy/Laetitia			 ZUMBA FITNESS Lucy/Laetitia				

HEALTH CLUB HOURS

Sunday 8 a.m. - 6p.m.
 Mon.-Thurs. 5:30 a.m. - 10 p.m.
 Friday 5:30 a.m. - 8 p.m.
 Saturday 8 a.m. - 6p.m.

BABYSITTING HOURS

MORNINGS:
 Mon. - Friday 9 a.m. - 11 a.m.

EVENINGS:
 Mon. - Thurs. 4:30-6:30 p.m.
 (*NO BABYSITTING Friday Evenings)
 *Reservations required for babysitting

WATER AEROBICS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am or 9:30 am	NEW TIME! 9:30 A.M. H2O AQUA FIT Emily		9:30 A.M. H2O AQUA FIT Emily		NEW TIME! 9:00 a.m. H2O DANCE PARTY Patti
6:45 pm	H2O AQUA FIT Patti		H2O DANCE PARTY Patti	5:30 p.m. AQUA ZUMBA Katie	

ADDITIONAL CLASSES

IN THE KIDS FITNESS AREA
WOMEN'S ONLY BODY TONING
 Monday 5:30-6:30 p.m. Patti
 Thursday 5:30-6:30 p.m. Susan
CHAIR YOGA
 Tuesday 9:30 a.m. Judy

*****A NOTE TO PARTICIPANTS: Group fitness classes are designed for ALL fitness levels. Please inform the instructor if you are new or have concerns. We will do our best to show modified exercises. Remember, the more you come, the easier it gets & the better you feel!

CLASS DESCRIPTIONS

ADVANCED STEP

Taking the regular step class to the maximum! Some really advanced moves on the step at a faster pace. Recommended for the advanced.

BODY PUMP

Body Pump is the original barbell class that strengthens your entire body. This 60-minute workout challenges all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!

BODY SCULPT

This class begins with a brief cardio warmup, followed by a full-body weighted workout designed to challenge your muscles! May use dumbbells, resistance bands and your own bodyweight. This class is appropriate for ALL fitness levels!

BOOT CAMP

This indoor/outdoor Boot Camp class will involve intense physical training. You will learn athletic, explosive movements with strength, agility, balance and quickness drills. Participants will develop integrated strength, core power, stabilization and flexibility. Equipment used: Kettle Bells, Medicine Balls, Balance Discs, Gliding Discs, Medicine Balls, Hurdles, Agility Ladders. Fun, fun, fun for ALL fitness levels!

CARDIO STEP MASH UP

This high-energy, fat-burning workout incorporates traditional step with high and low impact moves on and off the step. In this format, you'll experience a great workout while increasing your endurance training. Abdominals with or without stability balls and weights may be incorporated.

CARDIO COMBO/STEP

Regular step combined with high/low impact aerobics and muscle conditioning.

H2O AQUA FIT

The buoyancy of the water provides a virtually impact-free cardiovascular workout, reducing stress on the joints and muscles. Water creates more resistance than air and offers great potential for muscle definition. Aqua noodles and barbells may be incorporated into this action-packed class done at your own pace.

H2O DANCE PARTY

This water workout incorporates all of your favorite dance styles into one hour of fun, fitness and flavor. Be ready to shake off inches and increase your cardiovascular output while reducing stress on your muscles and joints. No dance experience needed - work at your own level and intensity. Have fun, get fit & get wet!

INDOOR FITNESS

Due to the winter weather, "Outdoor Fitness" is moving inside! A similar workout, "Indoor Fitness" class will consist of a cardio warmup as well as cardio drills using equipment such as agility ladders, hurdles and jump ropes. Combined with strength training exercises (such as walking lunges, gliding disc movements, medicine ball work and upper body sculpting) and finishing with abdominal work. A great workout for ALL fitness levels - Give it a try!

INSANITY

A very intense workout where participants do exercises at maximum intensity for long bursts with short periods of rest in between, alternate between aerobic and anaerobic intervals. Be prepared to sweat!

INTERVELOCITY

This fat-burning, fast-moving workout will work every muscle group in your body while strengthening your heart and lungs. Hi/low cardio with or without a step with intervals of weights. Be prepared to sweat with this high-intensity cardiovascular workout! Bring a towel!

KICK BOXING

A workout that combines cardiovascular and body toning while learning self-defense tactics. Improves strength, muscle tone, balance and endurance while reducing stress levels.

PILATES

Strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind and creates a more streamlined shape.

STEP & TONE

Beginning with regular step with high intensity and low impact work at a comfortable pace for YOU. Second half of class consists of muscle conditioning with use of weights, bands, or resist-a-balls. Great for beginners as well as advanced.

STEP-TENSITY

Pump up your heart rate with an intense combination of step and weights. You choose the amount of weight to maximize your own workout and the music will move you. Take the next step to overall health and fitness. This safe and effective workout is bound to make you sweat and tone.

TOTAL FITNESS

Train with weights, balls and the step to obtain maximum fitness, inner power, athletic movement and flexibility for a balanced total body in an easy-to-follow routine. Finish with ten minutes of deep stretching and gentle relaxation.

YOGA

Mind and body conditioning and strengthening, yet relaxing and peaceful.

ZUMBA® FITNESS

The original Latin-inspired Dance Fitness Party. Exhilarating, high-energy dance/exercise makes you forget you are working out!

ZUMBA® TONING/ ZUMBA® GOLD TONING

The best of both worlds combines a ZUMBA Fitness Party with safe and effective Body Sculpting. Emphasis on muscle isolation using lightweight toning sticks which are like maracas to ZUMBA Fitness Dances for a safe total body workout. The ZUMBA Gold Toning is slightly slower, still great for all, including baby-boomers as well as beginners.

WOMEN ONLY BODY TONING

Ladies - a great class for beginners or as an addition to your normal routine. Starts with a brief warmup, and incorporates major muscle group exercises with the goal to tone, strengthen and define. Hand weights or stability balls may be used.