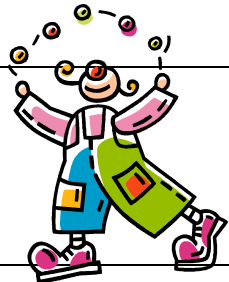





# Group Exercise Schedule

SUMMER 2010: JUNE 1 – SEPTEMBER 4

Oak Harbor: 360-675-2600 • www.thrivecommunityfitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM Yoga 60 Kate	8:15 AM Cardio Step Dale	8:15 AM Yoga 60 Kate	8:15 AM Cardio Step Dale	8:15 AM Group Cycling Steve	8:00 AM CARNIVAL of CLASSES Various
9:30 AM Cardio Kick Karey	9:30 AM Body Blast Christine	9:30 AM Zumba Cheridan	9:30 AM Body Blast Christine	9:30 AM Cardio Kick Karey	9:00 AM Zumba Carol
10:45 AM Pilo-Core Rachel	10:40 AM Family Yoga 4-8 yrs (30 min) Elizabeth	10:45 AM Pilo-Core Rachel	10:40 AM Family Boogie-Fit Cheridan	10:45 AM Yoga 60 Kate	
	11:15 AM* Family Yoga 9-12 yrs (45 min) Elizabeth	<b>No laying around this summer... Tame your inner lion.</b>	3:00 pm 4 <sup>th</sup> Thursdays of the Month Family "Market" Circuits July 22 & August 26		
4:15 PM Body Blast Angie	4:15 PM Yoga 45 Robert	4:15 PM Body Blast Angie	4:15 PM Yoga 45 Robert	4:15 PM Body Blast Angie	
5:30 PM Group Cycling Lisa	5:15 PM Body Blast Lauren	5:30 PM Group Cycling Lisa	5:15 PM Body Blast Lauren		
6:30 PM Zumba© Cheridan	6:30 PM Yoga for Fitness Kate	6:30 PM Zumba© Cheridan	6:30 PM Yoga Stretch Robert		

ALL OAK HARBOR THRIVE GROUP FITNESS PATRONS ARE WELCOME TO ATTEND ANY ANACORTES THRIVE CLASS WITH YOUR MEMBERSHIP.

**CSF (CAR SEAT FRIENDLY)** Children under the age of 6 months may be brought into most classes while restrained in a car seat. Please ask your instructor if would be appropriate. Be courteous to other members by removing your child from class if they begin crying, need to be changed, or have other needs that may require your attention. You may not exercise while holding your child.

**NOTE:** Classes who have fewer than 2 participants in attendance will not meet on that day. We strive to have at least 10 participants in each class. All classes are subject to change.

*Please arrive early, sign in at the door and let instructors know if you are new to class and about any injuries, pregnancy, or other health concerns. Many times instructors can modify moves to suit your needs. Some classes require equipment set-up and take down, or specific instructions prior to class beginning.*

## CARDIO

**Cardio Step:** Energetic step class with several levels of participation. New steppers will be shown basic moves and encouraged to develop their footwork. Experienced steppers will expand their mental muscles with more advanced moves. All will get a great cardiovascular workout! 55-60 minutes

**Cardio Kick:** Energetic cardio kick boxing class. Burn a lot of calories and work up a great sweat...while building core strength and muscle tone. Instructor will provide detailed description of proper technique to give you a safe, high-intensity workout! 55-60 minutes

**Group Cycling:** Designed to embrace the cardiovascular workout of cycling brought indoors! Burn fat stores and build a strong aerobic foundation while participating in aerobic and anaerobic intervals that simulate outdoor cycling. This includes flats, hills, sprints, and recovery. Please arrive 15 minutes early if you are new to class so the instructor can help you safely set up your bike. 45-60 minutes

**Zumba®:** A dance fusion class of Latina and International style music that creates an exciting and dynamic workout. This is to include Hip Hop and Belly Dance styles to add to the fun! Feel the music!!! 55-60 minutes

## YOGA

**Yoga:** Basic asanas (poses), breath work and relaxation techniques will be taught. Classes include standing and seated positions. Modifications will be made for beginners and for those who want a more challenging experience. Come prepared to sweat! All levels welcome. 45-60 minutes

**Yoga for Fitness:** Yoga basics are used, but with more attention to full body and strength conditioning. All levels welcome. 60 minutes

**Yoga Stretch:** Yoga basics are used. This class focuses on stretching to add to your flexibility and on modification for your own body. All levels welcome. 60 minutes

## STRENGTH AND CONDITIONING

**Body Blast:** A high-intensity, boot camp-influenced class! Find muscles you never knew you had by combining interval cardio with strength training for a non-stop, kick-butt workout. When done properly, it's the most effective fat-burning workout out there! All levels. 55-60 minutes

## CORE

**Pilo-Core:** A Pilates based class that will focus on your core through isolation, while toning your whole body. Class also takes time to work on improving flexibility through stretching. 60 minutes.

## FAMILY FITNESS

Bring you children in to exercise with you... If your child uses the childcare room and you pay for classes, we will be offering several parent child classes for you to enjoy together this summer. All classes may help you to connect and move with your children outside of class as well! *For the safety of all children, parents/guardians must remain in the class with the child and adults without children will not be allowed into class.*

**Family Yoga:** Come experience Yoga from a child's perspective. Basic breathing, poses, and technique will be taught to parents with their children. 4-8 yrs (30 minutes & begins June 1st), \*9-12 yrs. (45 minutes & begins June 22nd).

**Family Boogie-Fit:** Do you and your children like to dance together? This is not a typical dance class... You and your children will learn some basic dance moves that will get your heart pumping, your belly laughing, and your feet moving! All Ages (50-60 minutes)

**Family Market Circuits:** Do you attend the Farmer's Market? Bring your kids in to work out those wiggles beforehand while doing some fun fitness activities together in a circuit before heading over! June 24<sup>th</sup>, July 22<sup>nd</sup>, and August 26<sup>th</sup>...

## CARNIVAL OF CLASSES

Each Saturday will have a different 50-60 minute class at 8am. As at the circus, all classes (shows) are subject to change.

June 5: Power Yoga

June 12: Kick Off Event (see flyer)

June 26: Resista -Band & Strength

July 10: Power Yoga

July 17: Cycling

July 24: Body Blast

July 31: Power Yoga

August 7: Yogalates

August 14: Body Blast

August 21: Cardio Kickboxing

August 28: Power Yoga

September 4: Body Blast

