

Fall 2011

## Copley Square Group Fitness Schedule

Hours: Mon-Thurs. 6:00am-9:00pm | Friday 6:00am-8:00pm

Group Fitness Director: Jackie O'Neil | [joneil@fitcorp.com](mailto:joneil@fitcorp.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Studio 1</b>				
<b>20/20/20</b> 12:05-12:50 Robin	<b>Sculpt &amp; Tone</b> 11:15-12:00 INA	<b>Zumba</b> 11:00-12:00 Katie	<b>Sculpt &amp; Tone</b> 11:15-12:00 INA	<b>Cardio Quickie</b> 12:05-12:50 Jackie
<b>"No Guts, All Glory"</b> 1:10-1:55 Brandon	<b>ROPE'N</b> 12:05-12:50 Jackie	<b>On The Ball</b> 12:05-12:50 Jackie	<b>"Lunch Time – Crunch Time"</b> 12:05 – 12:50 Jackie	<b>Muscle Madness</b> 1:15 – 2:00 Kim
	<b>Circuit City</b> 1:05-1:50 Dave	<b>"Ron-Durance"</b> 1:05-1:50 Ron	<b>Zumba</b> 1:00-2:00 Katie	
		<b>Boot Camp</b> 4:45 -5:30 PM Jackie		
<b>Studio 2</b>				
<b>Spinning</b> 12:05 - 12:50 Leoni	<b>Spin &amp; Tone</b> 6:30-7:30 AM Ashley	<b>Yoga</b> 12:00-1:15 Nathan	<b>Yogalates</b> 12:00-1:00 Ina	<b>Spinning</b> 6:30-7:30 Rich
<b>Yoga</b> 1:00-2:00 Marianne	<b>Spinning</b> 12:05-12:50 Ashley	<b>Spinning</b> 1:15-2:00 Bob	<b>Spinning</b> 1:05-1:50 Julie	<b>Spinning</b> 12:05-12:50 Ashley
	<b>Pilates</b> 1:00-2:00 Rosaly			

### JOIN THE COPLEY FITNESS EMAIL LIST!

Email Jackie O'Neil at [joneil@fitcorp.com](mailto:joneil@fitcorp.com) to receive weekly updates on our class schedule!



## Group Fitness Class Descriptions

### **20/20/20 \***

A combination class involving step, muscle conditioning, and boxing moves.

### **Boot Camp \*\***

Want a drill sergeant? Jump start your metabolism and get a total body workout.

### **Circuit Spin/ "No Guts, All Glory"\*\*\***

"3...2...1... SWITCH!" Get a cardio and weight-training workout together with this high-intensity endurance training circuit. "3...2...1...GO!"

### **Core Fitness Challenge\*\*\***

A total body work out with an emphasis on core fitness development, balance and stability.

### **"Lunch Time – Crunch Time" \*\***

Ready to kick start your metabolism during that lunch time slump?? Well this is the class for you!! Rotate through a series of cardio and strength intervals to sculpt your body & burn fat!!

### **Muscle Madness\* \***

A whole new craze! A total body workout that focuses on the small and large muscle groups. It uses various equipment to increase strength and your metabolism, so come on...join in!

### **Pilates \***

A conditioning program that helps to improve muscle control, flexibility, coordination, and muscle strength and tone. Pilates exercises target the abdomen, back, and buttocks as an unparalleled core strengthening class.

### **"Ron-Durance" \*\*\***

Looking to put your body through the extreme test? Try the ultimate conditioning class! It focuses on muscular strength and conditioning, balance and coordination, and high intensity interval training segments. Try a new workout today and see the results with Endurance Challenge!

### **Sculpt & Tone \*\***

Use your own body resistance, hand weights, body bars, and/or rubber bands to achieve the optimal muscular workout. Come join an abdominal-toning, buttocks-firming, arm-strengthening, fun-filled class!

### **Spinning \***

Let the instructor and the music motivate you over hills, jumps, and various other terrains for an awesome cycling workout that's good for all fitness levels! (Water bottle and towel required. Also make sure you get a pass 15 minutes beforehand!)

### **Spin and Tone\*\***

Enjoy 30 minutes of cycling combined with a 30 minute total body workout with exercises that transition from one muscle group to the next.

### **Yoga \***

Tone the body and tune the mind. Physically, psychologically, and spiritually, yoga helps to strengthen the core and stretch key muscle groups.

### **Yogalates\***

Fusion of Pilates and Yoga with specialization on core strengthening exercises.

### **Zumba\*\***

Inspired by traditional cumbia, salsa, samba and merengue music, Zumba is a combination of Latin rhythms and red-hot international dance steps. Zumba is Spanish slang for "to move fast and have fun."

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