

Winter 2012

# Prudential Center Group Fitness Schedule

Updated February 13th

Hours: Mon-Thurs. 5:30am-10:30pm | Friday 5:30am-9:00pm | Saturday & Sunday 8:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga*</b> 7:00-7:45am w/Carmen <a href="#">SIGN UP</a>	<b>FitCamp</b> 7:00-7:45 Ashley	<b>Core Camp</b> 6:45-7:30am Kristen	<b>Pilates *</b> 7:00-7:45am w/Dawn <a href="#">SIGN UP</a>	<b>Yoga*</b> 7:00-8:00amw/Debbera <a href="#">SIGN UP</a>	<b>Boot Camp</b> 9:30-10:30 w/Katelyn <a href="#">SIGN UP</a>	
<b>Core Basics</b> 7:00-7:30am Angelo	<b>Morning Practice</b> 7:00-8:00 w/Angelo <a href="#">SIGN UP</a>	<b>Yoga for Seniors*</b> 9:30-10:30am w/Tiffany <a href="#">SIGN UP</a>	<b>Bodies in Motion</b> 9:30-10:30am Rachel	<b>Yoga for Seniors*</b> 10:00-11:00 w/Naomi <a href="#">SIGN UP</a>		
<b>Yoga for Seniors*</b> 10:00-11:00am w/Carmen <a href="#">SIGN UP</a>	<b>Stroller Strides®</b> 9:30-10:30				<b>Yoga*</b> 11:00-12:00 w/Ally <a href="#">SIGN UP</a>	
<b>Zumba</b> 11:00-11:45am Katie	<b>Zumba</b> 11:15-12:00pm Jessica	<b>Power Yoga*</b> 12:00-1:00 w/Carmen <a href="#">SIGN UP</a>		<b>Power Yoga*</b> 12:00-1:00 w/Naomi <a href="#">SIGN UP</a>	<b>Adv. Sweat Box</b> 11:00-12:00pm KL Brown	<b>Zumba</b> 12:00-1:00 Jessica
<b>Group Power</b> 12:00-12:45pm Amanda	<b>Pilates*</b> 12:00-12:50pm Andree <a href="#">SIGN UP</a>	<b>Abs</b> 12:00-12:15pm Gerry	<b>Yoga*</b> 12:00-1:15pm w/Angelo <a href="#">SIGN UP</a>	<b>Core</b> 12:00-12:15pm Kim	<b>Pilates</b> 12:00-1pm w/Andree <a href="#">SIGN UP</a>	
<b>Yoga</b> 12:00-1:15pm w/Nathan <a href="#">SIGN UP</a>	<b>Core Basics**</b> 12:00-12:30pm John	<b>Cardio Sculpt</b> 12:15-1:00pm w/Gerry <a href="#">SIGN UP</a>	<b>Core</b> 12:00-12:15 Kim	<b>Melt Down</b> 12:15-1:00pm w/Kim <a href="#">SIGN UP</a>		
<b>No Guts, All Glory</b> 1:00-1:45pm w/Ron <a href="#">SIGN UP</a>	<b>Core/R.I.P.P.E.D</b> 12:00-1:00pm w/Corinne <a href="#">SIGN UP</a>	<b>Tabata Boot Camp</b> 1:15-2pm w/Jonathan <a href="#">SIGN UP</a>	<b>Intensity</b> 12:15-1:00pm w/Kim <a href="#">SIGN UP</a>	<b>Combat Conditioning</b> 1:15-2:00pm Ryan		<b>GF Studio</b> <b>6:00-8:00pm</b> Reserved
<b>Core Basics</b> 5:30-6:00pm Rachel	<b>Rock Bottoms</b> 1:15-2:00pm w/Corinne <a href="#">SIGN UP</a>		<b>Pilates*</b> 1:30-2:20pm w/Andree <a href="#">SIGN UP</a>			
<b>Melt Down</b> 5:45-6:30pm Kim	<b>Abs/Chiseled</b> 5:15-6:30pm w/Katelyn <a href="#">SIGN UP</a>	<b>Abs</b> 5:15-5:30pm Washington		<b>GF Studio</b> <b>5:45-6:45pm</b> Reserved		
<b>Yoga*</b> 5:45-7:15pm w/Carmen <a href="#">SIGN UP</a>	<b>Yoga*</b> 5:45-6:30pm w/Debbera <a href="#">SIGN UP</a>	<b>Step and Sculpt</b> 5:30-6:30 w/Washington <a href="#">SIGN UP</a>	<b>Core Basics**</b> 5:15-5:45pm Sam			
<b>Kick Boxing</b> 6:30-7:30pm Rania	<b>Tabata Boot Camp</b> 6:30-7:30pm w/Jonathan <a href="#">SIGN UP</a>	<b>Yoga*</b> 5:45-7:15pm w/Carmen <a href="#">SIGN UP</a>	<b>Abs/Chiseled</b> 5:15-6:30pm w/Katelyn <a href="#">SIGN UP</a>			
<b>Sweat Box</b> 7:30-8:30pm KL Brown	<b>Pilates *</b> 7:00-8:00pm w/Dawn <a href="#">SIGN UP</a>	<b>Zumba</b> 6:30-7:30 Lee Anna	<b>Zumba</b> 6:30-7:30 Lee Anna			

\*=Mind/Body Studio

\*\*=Lower Level Training Floor

## JOIN THE PRU GROUP FITNESS EMAIL LIST!

Email Ryan Masterson at [rmasterson@fitcorp.com](mailto:rmasterson@fitcorp.com) to receive weekly updates on our class schedule!





**Core Camp-** A class focusing on strengthening the core with the use of cardio drills, stability balls, Bosu, and other exercises. Modified for all levels.

**FitCamp-** Work your entire body-- heart and muscles--by going from one exercise to another with no rest! The workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises...the difference lies in the intensity. We will also incorporate dumbbells and kettlebells along with a few other surprises! You work, you sweat and, best of all, you burn calories like crazy. Come to work hard and have a blast!

**Group Power-** This barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses, and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

**Intensity-** A non-stop interval training class that will get your heart pumping and take your fitness to another level. This bootcamp styled training class will torch calories and bust through plateaus. Intensity is a great workout that challenges your entire body.

**Kick Boxing-** A mixture of Kickboxing, Karate, Tai Chi, and Capoeira to the beats of motivating music. The class is designed for men and women of all levels and focuses on toning the core and upper body while burning lots of calories.

**Melt Down-** Pay for your weekend sins and get rev'd up for the week ahead. In this class we'll do a combination of strength and cardio intervals that will help you melt fat while toning you up at the same time.

**Morning Practice -** Morning practice is designed for students of all levels. Each class will focus on a unique grouping of postures that will help you build strength, flexibility, and confidence for an intermediate level yoga practice. Breathing exercises and meditation techniques are integrated into every class to center the mind and calm the body.

**Pilates-** A conditioning program that helps improve muscle control, flexibility, coordination, muscle strength and tone. Pilates exercises target the abdomen, back and buttocks.

**Power Yoga-** A more vigorous form of yoga geared toward the more experienced Yoga participant. Focuses on strength, stamina, and flexibility.

**Rock Bottoms** – A sculpting class focusing on primary muscles including abs, glutes, quads, hip flexors and extensors.

**R.I.P.P.E.D-** Resistance, Intervals, Power, Plyometrics, Endurance, Determination. A non-stop challenge that will get your heart pumping!

**Step and Sculpt** – A moderate to high intensity class that involves step combinations in addition to using weights, body bars and other props to strengthen and tone all major muscle groups.

**Stroller Strides®-** A total fitness program that moms can do with their babies by their side. Geared towards any fitness level, it includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Classes will be held both indoors and out, depending on the weather.

**Sweat Box** – A high-impact fusion of dance, boxing, and kung-fu. Prior Monday class attendance is required to participate in Advanced Sweat Box class.

**Tabata Boot Camp-**A courageous, daring, and dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest. Intervals to increase athletic performance, boost VO2max and decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

**Yoga-** A class designed to relieve tension and stress through breathing techniques, stretching, meditation and Yoga body postures

**Yoga Slim:** An active series of yoga postures that flow together to build strong, lean muscles, improve your flexibility, and make you drip with sweat. This practice will increase your upper-body and lower-body strength, improve your focus and balance, and raise your energy level.

**Zumba-** Zumba is a unique and exciting high energy aerobics class that incorporates Latin rhythms such as the Salsa and Merengue that will target your glutes, legs, abdominals, and increase your heart rate. Ditch the workout, join the party!