

Autumn 2011

Prudential Center Group Fitness Schedule

Updated October 14th

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
Yoga* 7:00-7:45am w/Carmen SIGN UP	FitCamp 7:00-7:45 Erin	Core Camp 6:45-7:30am Kristen	Pilates * 7:00-7:45am w/Dawn SIGN UP	Yoga* 7:00-8:00amw/Debbera SIGN UP	Boot Camp 9:30-10:30 w/Katelyn SIGN UP	Boot Camp 9:30-10:30w/Aviva SIGN UP
Core Basics 7:00-7:30am Angelo	Stroller Strides® 9:30-10:30	Yoga for Seniors* 9:30-10:30am Tiffany	Core Basics 7:30-8:00am Tyler	Yoga for Seniors* 10:00-11:00 Naomi		
Yoga for Seniors* 10:00-11:00am Carmen	Zumba 11:15-12:00pm Stephanie		Bodies in Motion 9:30-10:30am Tyler			
Zumba 11:00-11:45am w/Katie SIGN UP	Pilates* 12:00-12:50pm Andree SIGN UP	Power Yoga* 12:00-1:00pmw/Carmen SIGN UP	HardBody Boot Camp 11:05-11:50am Rachel	Power Yoga* 12:00-1:00 Naomi	Adv. Sweat Box 11:00-12:00pm KL Brown	
Rope'n 12:00-12:45pm Brandon	Core 12:00-12:15pm Rachel	Abs 12:00-12:15pm Gerry	Yoga* 12:00-1:15pm Nathan	Core 12:00-12:15pm Kim	Pilates 12:05-1:00pm Sharon	
No Guts, All Glory 1:00-1:45pm Ron	R.I.P.P.E.D 12:15-1:00pm Rachel	Cardio Sculpt 12:15-1:00pm Gerry	Core 12:00-12:15 Kim	Melt Down 12:15-1:00pm Kim	Yoga* 1:00-2:30 w/Debbera SIGN UP	
Yoga Slim* 2:00-3:15pm w/Andree	Rock Bottoms 1:15-2:00pm Rachel	Tabata Boot Camp 1:15-2:00pm Jonathan	Intensity 12:15-1:00pm Kim			
Core Basics 5:15-5:45pm Rachel			Zumba 1:15-2:00pm Leoni			
Melt Down 5:45-6:30pm Kim	Abs/Chiseled 5:15-6:30pm Katelyn	Abs 5:15-5:30pm Washington	Pilates* 1:30-2:20pm Andree	GF Studio 5:45-6:45pm Reserved		
Yoga* 5:45-7:15pm w/Carmen SIGN UP	Yoga* 5:45-6:30pm w/Debbera SIGN UP	Step and Sculpt 5:30-6:30pm Washington	Core Basics* 5:15-5:45pm Sam			
Kick Boxing 6:30-7:30pm Rania	Boot Camp 6:30-7:30pm w/ Jeff SIGN UP	Yoga* 5:45-7:15pm w/Carmen SIGN UP	Abs/Chiseled 5:15/5:30-6:30pm Katelyn			
Sweat Box 7:30-8:30pm KL Brown	Pilates * 7:00-8:00pm w/Dawn SIGN UP	Zumba 6:30-7:30 w/ Jenna SIGN UP	Zumba 6:30-7:30 w/ Jenna SIGN UP			

* = Mind/Body Studio

JOIN THE PRU GROUP FITNESS EMAIL LIST!

Email Ryan Masterson at rmasterson@fitcorp.com to receive weekly updates on our class schedule!

Spin Schedule – PLEASE [SIGN UP](#)

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
6:30-7:30am- Kara 12:15-1:00pm- Bob 6:30-7:30pm- Kristen SIGN UP	12:15-1:00pm- Allison <i>(1:00-2:00pm)</i> 5:45-6:30pm- Jeff C. SIGN UP	6:30-7:30am- Elizabeth 12:15-1:00pm- Jonathan 6:30-7:30pm- Elizabeth SIGN UP	12:15-1:00pm- Jonathan <i>(1:00-2:00pm)</i> 5:30-6:15- Bob 6:15-7:00- Bob SIGN UP	6:30-7:30am- Elizabeth 12:15-1:00pm- Leoni SIGN UP	10:30-11:30am- Bob/Marie SIGN UP

(XXX)=Reserved

Group Fitness Class Descriptions

Abs – A 15 minute class focusing on exercises to strengthen the abdominals and lower back. This class uses the Bosu, fitball, and other equipment to reach the core muscles.

Bodies in Motion- Geared towards seniors, this class focuses on strength training, balance, and basic aerobic exercises.

Boot Camp- An interval class emphasizing improved cardiovascular endurance, muscular strength and endurance using sport drills and a variety of other techniques to hit all the major muscle groups; a unique high energy class. This class is geared to all levels.

Cardio Sculpt- A challenging cardio sculpting class, which blends aerobic activity with free weights and body bars to tone and sculpt.

Chiseled- Cardio intervals, strength training, Plyometrics& body weight training are combined in this high-energy, calorie-burning, total-body workout. Be prepared to sweat.

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!

HardBody Boot Camp- The ultimate full body workout!This class is designed to challenge your entire body with a series of unique movements for all levels.

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.

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.

Rope'n- This class will combine high-speed jump roping with additional cardio and strength training exercises: jump squats, squat thrusts, mountain climbers, foot-fires, speed-bag, etc. A great cardiovascular and muscle toning workout that maximizes agility, coordination, timing, and endurance.

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.

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!