


Group Fitness Winter Schedule

Effective January 7, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 a.m. Boot Camp Bill	5:45 a.m. Cycling Core Jen	5:45 a.m. * Body Pump Kim	5:45 a.m. Boot Camp Mel	5:45 a.m. Cycling 60 Kim	
					7:00 a.m. Boot Camp Mel/Bill
					8:00 a.m. Cardio Sculpt Kim
					9:00 a.m. Cycle Burst 30 Karen
	9:30 a.m. * Body Pump Karen	9:30 a.m. Yoga Heather	9:30 a.m. * Treadmill Training Kim	9:30 a.m. * Body Pump Laurie	9:30 a.m. * Body Pump Karen
					Sunday
5:30 p.m. Cycling 60 Karen	5:30 p.m. Boot Camp Debbie	5:30 p.m. Totally 4 U Erin	5:30 p.m. * Body Pump Debbie	Two Fridays a month @ 5:30pm - Join us for an ultimate workout - Information at the Front Desk	
6:00 p.m. * Body Pump Kim	6:30 p.m. Yoga Heather	6:30 p.m. Cardio Kickboxing Tiffany	6:00 p.m. Cycling Core Kim		
7:00 p.m. Rockin' Core Kim	7:00 p.m. * Treadmill Training Debbie	7:00 p.m. * Treadmill Training Karen	7:00 P.M. Yoga Heather		

Class and times are subject to change. If you have any questions please call:
Body Styles by Mel at 410-838-1444 or contact **Kim Royster (Group Fitness Director)**
 At 410-533-0068 - Drop-in Fee is \$15 - ***Must Sign Up in advance - SEE YOU IN CLASS!**

Winter Class Descriptions

Body Pump

Do you want to add Strength Training to your workout? This class is for you. Burn up to 600 calories! Improve your strength! Improve your general fitness! Improve your bone density! Much More! A complete athletic workout.

60 minutes – All Levels

Cardio Sculpt

An all fitness level class. Sculpt your body with dumb bells, bands, a Bosu and more. You will improve your cardio and muscular fitness level.

60 minutes – All Levels

Cycle Interval

This 60 min. class will challenge you to take your workout where you have never gone before. Many different pieces of equipment are used to condition the whole body.

60 minutes – All Levels

Treadmill Training

Wow! This is what you have been looking for. We will push you to work in your individual Heart Rate Zone. You don't have to run to get a great workout on a Treadmill. You will walk away with a complete workout and the knowledge to push yourself the next time you are doing your cardio and conditioning.

60 Minutes – All Levels

Discover Group Fitness

Have you always wanted to join in on a class? Maybe you are not sure where to start. We can help you experience Group Fitness from the terminology to the many different types of equipment that will challenge you to achieve goals you always wanted to reach.

Boot Camp

60 Minutes of Total Body conditioning for all fitness levels, if this class doesn't make you sweat, nothing will!

60 Minutes – Intermediate to Advanced

Cycling 60

Take your fitness program to a new level. Indoor cycling like you have never experienced. This motivating class will take you through a 60 min. ride filled with hills, flats, speed drills and more.

60 minutes – All Levels

Rockin' Core

Condition your core using a variety of training techniques and equipment. Whether you are just starting your fitness program or wanting to condition your core to the next level, this class is for you.

30 minutes – All Levels

Cardio Kickboxing

The Ultimate Workout. You will never leave wanting more. All components of fitness are covered in this high energy class. Condition your core, work your upper body using a variety of hits and get your heart rate going with kicks. You'll be hooked!

60 Minutes – All Levels

Cycling Core

Take your fitness program to a new level. Indoor cycling like you have never experienced. This motivating class will take you through a 45 minute ride filled with hills, flats, speed drills and 15 minutes of core work.

60 minutes – All Levels

Totally 4 U

This class was developed for the beginner to advanced participant. You will use a variety of equipment. We will stay grounded. No impact in this class.

60 Minutes – All Levels

Yoga

Yoga is an excellent addition to your everyday workout. Through this one hour class, participants will increase their strength, flexibility, balance and mental awareness. Yoga can promote peace within the mind, while challenging the body.

60 minutes – All Level

Friday's Ultimate Workout

Two Fridays a month @ 5:30pm – Join us for an ultimate workout – Information at the Front Desk

Look for the Dates and Class Format at the front desk or take a look at our website.

www.bodystylesbymel.com

For more information on classes contact Kim Royster 410-533-0068 or Kim@bodystylesbymel.com