

Group Fitness Studio

5th AVENUE FITNESS

Effective: Monday December 19, 2011

Time: Mon-Fri	Monday	Tuesday	Wednesday	Thursday	Friday	Time: Sat-Sun	Saturday	Sunday
5:30 - 6:30 AM		LES MILLS BODYPUMP VICKI		LES MILLS BODYPUMP SUE, VICKI		7:30 - 8:15 AM	LES MILLS BODYATTACK SUE, ALYCIA (Xpress)	
8:15 - 8:45 AM						BP 8:30 - 9:30 AM CX 9:40 - 10:10 AM	LES MILLS BODYPUMP SUE LES MILLS CXWORX LORI \$	
9:00 - 10:00 AM	LES MILLS BODYFLOW MOLLY	LES MILLS BODYPUMP ANDREA	LES MILLS BODYFLOW KATHERINE	LES MILLS BODYPUMP ANDREA	LES MILLS BODYFLOW SUE	10:20 - 11:20 AM	Turbo TRUCK GARRETT	LES MILLS BODYSTEP 9:40 am - MOLLY, LORI
10:10 - 10:55 AM	SilverSneakers® Muscular Strength MOLLY	SilverSneakers® CardioCircuit MOLLY	SilverSneakers® Muscular Strength GARRETT	SilverSneakers® CardioCircuit KATHERINE	SilverSneakers® Muscular Strength GARRETT	11:30 - 12:30 PM	LES MILLS BODYFLOW VICKI, PAIGE	LES MILLS BODYFLOW 10:45 am - MOLLY, JANICE
11:00 - 11:45 AM	SilverSneakers® Muscular Strength GARRETT	SilverSneakers® Yoga Stretch MOLLY	SilverSneakers® Muscular Strength GARRETT	SilverSneakers® Yoga Stretch KATHERINE	ZUMBA gold GARRETT	<p>CYCLE/CORE \$\$: A paid 10 week indoor cycling program focused on improving overall cycling fitness and technique as well as core fitness.</p> <p>Session 2 begins JANUARY 3. See Front Desk for registration information</p> <p>Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.</p>		
12:00 - 1:00 PM	LES MILLS BODYPUMP GARRETT	LES MILLS BODYFLOW PAIGE	LES MILLS BODYCOMBAT TESS	LES MILLS BODYATTACK VICKI	LES MILLS BODYPUMP AMBER			
1:05 - 2:00 PM	SilverSneakers® CardioFit GARRETT							
4:25 - 5:25 PM	LES MILLS BODYPUMP SUE	LES MILLS BODYSTEP LORI, SUE	LES MILLS BODYPUMP LORI	LES MILLS BODYCOMBAT TESS				
5:35 - 6:35 PM	LES MILLS BODYSTEP AMBER, MIMI	LES MILLS BODYATTACK AMBER	ZUMBA MEG	LES MILLS BODYPUMP LORI	LES MILLS BODYSTEP LORI, AMBER			
6:40 - 7:10 PM		LES MILLS CXWORX KATHERINE \$						
6:45 - 7:45 PM	LES MILLS BODYFLOW KATHERINE	\$ CYCLE CORE CLASS 7:15 - 7:45 pm	LES MILLS BODYFLOW VICKI, MOLLY	\$ CYCLE CORE CLASS 7:15 - 7:45 pm				

RPM STUDIO

Time: Mon-Fri	Monday	Tuesday	Wednesday	Thursday	Friday	Time: Sat-Sun	Saturday	Sunday
5:30 - 6:30 AM			LES MILLS RPM PAIGE			Saturday 7:30 - 8:30 AM	LES MILLS RPM KENDRA	
8:00 - 9:00 AM					LES MILLS RPM ANDREA	<p>Classes with less than an average of 10 participants are highlighted and are at risk of being dropped from the schedule.</p>		
12:00 - 1:00 PM		LES MILLS RPM AMBER, JIM						
5:45 - 6:45 PM	LES MILLS RPM KENDRA	\$ CYCLE CORE CLASS 6:00 - 7:00 pm	LES MILLS RPM AMBER, KENDRA	\$ CYCLE CORE CLASS 6:00 - 7:00 pm				

Getting to Know Your Classes



BODYPUMP is hailed as The Fastest Way In The Universe To Get In Shape. BODYPUMP is a strength and endurance training class where muscle and music collide! Low on complexity but high in fun, BODYPUMP has all of the benefits of traditional weight training combined with time efficiency and predictability. EVERY BODY is successful in BODYPUMP. Suitable for just about "EVERY BODY."



BODYCOMBAT is The Workout With Punch. It is a high-energy cardiovascular training class that combines moves from a wide range of martial arts disciplines. BODYCOMBAT allows you to punch and kick your way to increased fitness levels. The class improves fat burning potential, muscle coordination, strength, flexibility and agility. BODYCOMBAT is suitable for anyone who wants a challenging and athletic class.



BODYFLOW is a Group Exercise program that will Change The Way You Feel About Your Body forever. BODYFLOW combines traditional Eastern disciplines like yoga with dynamic exercise like Pilates. BODYFLOW is an opportunity to get to know your body better and work out some of the kinks and stresses from everyday life and exercise. EVERY BODY deserves BODYFLOW at least once per week.



BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!



BODYSTEP is an All Systems Go STEP workout. Compelling cardio fitness that shapes and tones the legs, improves co-ordination, bone density, posture and agility. BODYSTEP is broken into tracks with specific training objectives and its predictability means you can improve with each class you do. BODYSTEP is suitable for anyone who wants an energetic and exciting results-oriented workout.



BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center and get high on the feeling of dance.



RPM is a fun, athletic, cardiovascular cycling workout that kills calories in record time -up to 600 in a single ride. Devotees know RPM as the rock concert on wheels. It provides lighting quick improvement in endurance as well as a fast boost of lower body strength.

SilverSneakers® Muscular Strength



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit



Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers® Yoga Stretch



YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

SilverSneakers® CardioFit **NEW!**



CardioFit is designed for anyone desiring a safe and effective low impact cardiovascular workout. A variety of easy-to-follow movements, total body conditioning to increase cardiovascular strength and muscular endurance. This class is perfect fit and active adults and want pain-free energizing activity. Elastic tubing with handles or hand-held weights exercises, abdominal exercises and stretching at the end of class.



The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. We want you to want to work out, to love working out, to get hooked. You achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Zumba® GOLD is geared to active older adults and members new to fitness.

5th Avenue Fitness

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Email: gfm@5avefitness.com
Web: <http://5avefitness.com/groupfitness>
(for the most current group fitness schedule)

GYM HOURS
MONDAY - FRIDAY
5:00AM-10:00PM
SAT-SUN 7:00AM-7:00PM

**NEW TO CLASS? Please arrive 10
minutes before class starts for
class orientation and equipment set
up.**

**SCHEDULE SUBJECT TO CHANGE
BASED ON MEMBER
PARTICIPATION**