

SUMMER 2010

5th AVENUE FITNESS

Effective Monday, July 12, 2010

Group Fitness Studio

SCHEDULE

Time: Mon-Fri	Monday	Tuesday	Wednesday	Thursday	Friday	Time: Sat-Sun	Saturday	Sunday
5:30-6:30 AM		VICKI		SHARI		8:30 - 9:30 AM	WHITNEY	
8:00 - 8:50AM	EXPRESS CLASS / TRACY					9:40 - 10:40 AM	KATE, CHARLOTTE, AMY	MOLLY, AMY
9:00-10:00 AM	MOLLY	MOLLY, ANDREA	KATHERINE	CHRISTIE, ANDREA	VICKI	10:45 - 11:45 AM	VICKI, REBECCA	JANICE, MOLLY
10:10-10:55AM	Muscular Strength GARRETT	Cardio Circuit MOLLY	Muscular Strength GARRETT	Cardio Circuit KATHERINE	Muscular Strength GARRETT	<p>Join us for SH'BAM !! SH'BAM is the latest program being piloted in the US by Les Mills. SH'BAM is an easy to follow dance program with simple moves and cool music. 5th Avenue will be piloting this program for the next 3 weeks. Your participation & feedback will be helpful!</p>		
11:00-11:45 AM	Muscular Strength GARRETT	Yoga Stretch MOLLY	Muscular Strength GARRETT	Yoga Stretch KATHERINE				
12:00-1:00 PM	CHRISTIE, AMBER	CHRISTIE	LORI	EXPRESS CLASS / AMBER, VICKI	JIM			
4:25-5:25 PM	KATE	LORI	JIM, CHRISTINA	TESS	REBECCA, CHRISTINA			
5:35-6:35 PM	MIMI, AMBER	AMBER, ALYCIA, SAGAN	TAMMY, TESS, CHARLOTTE	WHITNEY, LORI	LORI, TRACY	<p>Join us in one these SH'BAM classes: Thursday, July 15th 6:45 PM (kickoff) Wednesday, July 21st @ 4:25 PM (no BodyPUMP) Friday, July 23rd @ 5:35 PM (no BodySTEP) Sunday, July 25th @ 8:30 AM Thursday, July 29th @ 12 PM (with Attack) Tuesday, August 3rd @ 5:35 PM (no Attack) Wednesday, August 4th @ 8:00 AM Thursday, August 5th @ noon 12PM Sunday, August 8th @ 8:30 AM</p>		
6:45 - 7:45 PM	KATHERINE	AMBER	MOLLY, PAIGE					
Check the website for the Program Launch schedule								

RPM STUDIO

Time: Mon-Fri	Monday	Tuesday	Wednesday	Thursday	Friday	Time: Sat-Sun	Saturday	Sunday
5:30 - 6:20 AM	PAIGE		CHRISTIE			Saturday 7:20-8:20 AM	VARIES	
8:15 - 9:00 AM			SPINNING		ANDREA	<p>Wanna Ride? While we taper RPM classes in the summer due to lower class volumes, participants are invited to attend one of our video taped spinning indoor cycling classes. The bikes can also be used anytime there is not a class in session. Just ask the front desk for assistance with the stereo and bike set up.</p>		
12:00-1:00 PM				SPINNING				
4:45 - 5:45 PM		SPINNING						
5:45 - 6:45 PM	JIM (1 hr format)		JIM (1 hour format)					

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 lightning 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.

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.

Classes with less than an average of 10 participants are highlighted and are at risk of being dropped from the schedule.

**BASED ON MEMBER
PARTICIPATION**