



# FITNESS CLASS SCHEDULE

## SEPTEMBER 2010



<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<b><i>6-6:45 am Boot Camp</i></b> 9:30-10:15 am Body Work 10:30-11:30 am Zumba 12:10-12:50 Core Confidence 6:15-7 pm Studio Circuit <b><i>7:15-8 pm Mat Pilates</i></b>	<b><i>6-6:45 am Boot Camp</i></b> 8:30-9:10 am Core Confidence <b><i>9:15-10:15 am Yoga</i></b> <b><i>10:30-11:30 am Tennis Aerobics</i></b> 6-7pm Zumba	9-9:45 am Body Work 12:10-12:50 pm Core Confidence 6:15-7 pm Studio Circuit	<b><i>6-6:45 am Boot Camp</i></b> 7:15-8 am Core Confidence <b><i>10:30-11:30 am Tennis Aerobics</i></b> <b><i>11:35 -12:25 pm Mat Pilates</i></b> <b><i>6:30-7:30 pm Yoga</i></b>	8:30-9:15 am Body Work	<b><i>7-8 am Tennis Aerobics</i></b> 8:05-8:50 am Body Work <b><i>9-10 am Yoga</i></b> 10:15-11:15 am Zumba

\* Italic typeface denotes Speciality Classes which are open to non-members. Special fees apply. See reverse for pricing.

## NEWS & NOTES

### ***Kick Start Your Day!***

There are openings in the fall session of Kathy's Boot Camp. It's the perfect start to your day! Join Kathy and her crew on Mondays, Tuesdays and Thursdays from 6:00-6:45 am for an energetic and challenging group workout. Kathy is also trained in kettlebell fitness routines. To learn more about this unique strength and cardio building exercise make a PT appointment with Kathy.

### ***Mat Pilates***

This great class has been moved to Monday evenings and there will be a Thursday morning section right after Tennis Aerobics! Please sign up in advance for this class! Check out Tiffany Larson's website for more information on Pilates and how you will benefit from this practice at [hometraingllc.com](http://hometraingllc.com).

### ***Yoga***

You've told us that you want Saturday Yoga back. It will return after Labor Day from 9-10 am. There will also be a Thursday evening class starting this fall. There is no experience necessary for this class. All levels are welcome.

2754 Pleasant Valley Road Jackson, WI 53037 (262) 677-3681 [www.pvtfc.com](http://www.pvtfc.com)

Winter Hours: Monday - Friday 5:00 am - 9:30 pm Saturday & Sunday 7:00 am - 5:00 pm

## FOUNDATION CLASSES

*These fun, strength oriented programs are four week classes. Classes vary from 30 minutes to one hour in length and are for PVTFC members only. Please sign up at the front desk!*

**BODY WORKS** Mondays 9:30-10:15 a.m., Wednesdays 9:00-9:45 a.m., Fridays 8:30-9:15 a.m., Saturdays 8:05-8:50 a.m.

Tune up and get your motor running with this total body program. Body Works concentrates on building muscle strength while toning. This fun, set-to-music program is designed for all fitness levels, ages and sexes. Built-in modifications create an almost personalized training program. Resistance bands, medicine balls and weights let you tailor the program to meet and increase your muscle strength.

**CORE BODY CONFIDENCE** Monday 12:10-12:50 p.m., Tuesdays 8:30-9:10 a.m., Wednesdays 12:10-12:50 p.m., & Thursdays 7:15-8:00 a.m.

Having trouble with energy? Get to the core of the problem with Core Body Confidence. This is where it starts and all movement originates. This program focuses on the area around your trunk and pelvis, creating increased protection for your back. The 29 muscles in your core are strengthened by focusing on the quality of movement. Proper breathing is taught to enhance the muscle workout. This program is a must for everyone interested in sports or simply for better posture!

**STUDIO CIRCUIT** Mondays 6:15-7:00 p.m. & Wednesdays 6:15-7:00 p.m.

Tired of the same old routine? Break the monotony! Circuit Breaker takes the boredom out of reps with a journey through various stations, each targeted for muscle building and heart/lung fitness. This is a combination of high-intensity exercises with short rapid movement to the next exercise. Circuit Breaker will keep you moving while working each muscle group individually. Find the fun by flipping the switch on your old workout program!

**ZUMBA** Mondays 10:30-11:30 a.m., Tuesdays 6:00-7:00 p.m., Saturdays 10:15-11:15 a.m.

The Zumba program fuses Latin rhythms and easy-to-follow routines to help you sculpt your body while burning fat. This three-zone fat burning routine targets your lower body, abs, core and upper body. With red-hot Latin rhythms, this total body transformation is fun, easy to learn and addictive. Zumba is the perfect program if you're looking for a fast-paced, high calorie burn that keeps you dancing!

### KICKBOX COMBO

No experience necessary! Check out this cardio combo incorporating basic kicks and punches for a high-energy, fun workout. In addition to the kickbox Choreography, you'll work 2 select muscle groups through short strength training bursts.

### TENNIS PERFORMANCE TRAINING (returns in the Fall of 2010)

This program is designed to improve your game and prevent injury with improved key muscle endurance and balance. 48% of movement during a match is lateral, so the ability to change direction under control is crucial to avoid injury. The goal is to maintain a higher level of performance during tough rallies ~ even at the end of a long match!

## SPECIALTY CLASSES

*These targeted interest programs vary from 45 minutes to one hour in length and each class is run on 4 week sessions. The Specialty Programs are available for members and non-members. Register at the front desk prior to attending one of the classes.*

**YOGA** Tuesday 9:15-10:15 a.m., Thursday 6:30-7:30 p.m. & Saturday 9:00-10:00 a.m.

Yoga isn't just about stretching. Yoga is focused on creating balance within the body through strength, flexibility and proper breathing. Each posture has specific physical benefits. By moving through them in a constant succession, you learn stamina, focus and strength. This is a discipline for beginner as well as life practitioners. Each pose can be developed through time, providing a new experience.

Members: \$6 per class

Non-Members: \$10 per Session

**MAT PILATES** Monday 7:15-8:05 p.m. & Thursday 11:35-12:25 p.m.

Build core strength, improve flexibility and enhance your sports performance with this class.

Members: \$48 per 8 week session

Non-Members: \$65 per 8 week session

Walk ins: \$10 per class (Additional discounts may apply. For more information, please see the desk.)

### BOOT CAMP CONDITIONING

*See sign up sheet so you can be grouped by ability and time*

This military-inspired circuit workout uses calisthenics, training drills and stations to create a challenging, dynamic conditioning program. This popular co-ed, cross training program is designed to challenge all fitness levels and improve aerobic fitness. It also increases functional strength and improves balance and agility while burning maximal calories. Boot camp gives a whole new definition to personal training in a group situation.

Members: \$17 per class

Non-Members: \$17 per class

**TENNIS AEROBICS** Tuesdays 10:30-11:30 a.m., Thursdays 10:30-11:30 a.m. & Saturdays 7:00-8:00 am

Give tennis a try! A fun, fast paced workout to music. Open to all ability levels.

Members: \$8 per class

Non-Members: \$10 per class

### WOMEN, WEIGHTS, & WINE (returns in the Fall of 2010)

Getting in shape doesn't have to be completely painful! Join us for this special "women's only" program of strength training, body sculpting and toning. After 45 minutes of muscle focus and calorie burning, relax with a glass of wine and good conversation. This inventive program is one night a week and a great way to meet other women.

Members: \$9 per class

Non-Members: \$64 per Session (1 class per week over 4 week session)