



FITNESS

ON THE MOVE
Lifestyle Center

Hours

M—F: 5:00 AM—9:00PM
 Saturday: 7:00 AM—5:00PM
 Sunday: 9:00 AM—3:00 PM

239-561-1177
 13010 Metro Parkway
 Ft. Myers, Fl. 33966
 Online: www.fitonmove.com

September 2010

Monday Morning			Tuesday Morning			Wednesday Morning			Thursday Morning			Friday Morning			Saturday Morning		
5:45	Cycle	Pam	8:00	Yoga	George	5:45	Trek	Pam	5:45	Cycle	Pam	8:00	Core	Mark	7:00	Boot Camp*	Mark
8:00	Core	Mark	9:00	Zumba®	Tyisha	8:00	BLT	Mark	6:00	Boot Camp*	Mark	8:30	BLT	Mark	8:00	Cycle	Shawn
8:30	BLT	Mark	10:00	Silver Sneakers® MSROM	Vicki	8:30	Core	Mark	8:00	Yoga	Nancy M	10:00	Zumba®	Laurie	9:30	Zumba®	Leann
10:00	Zumba®	Laurie	11:15	Silver Sneakers® MSROM	Tammy	9:00	Cycle	Pam	9:00	Power Ball	Mel	11:00	Private Ballet*	Judi	10:30	Belly/Bollywood Dance	Leticia
10:45	Adult Ballet*	Judi				10:00	Zumba®	Laurie	10:00	Silver Sneakers® MSROM	Tammy						
						11:00	Arthritis Foundation Tai Chi*	Vicki	11:15	Silver Sneakers® MSROM	Tammy						
Afternoon			Afternoon			Afternoon			Afternoon			Afternoon			Afternoon		
12:15	Shut Up & Sweat	Mark	12:15	Yoga	Cindy	12:15	Shut up & Sweat	Mark	12:15	Yoga	Cindy	12:15	Shut up & Sweat	Lynne	2:30	Private Dance*	Michael
4:00	Private Dance*	Judi	1:30	Private Dance*	Michael	1:00	Silver Sneakers CC	Tammy	2:30-5:30	Children Dance*	Judi	1:00	Silver Sneakers CC	Lynne			
5:30	Zumba®	Jessi	5:30	Cardio Pump	Lynne	2:30	Private Dance*	Judi	5:30	Cardio Pump	Lynne	2:30	Private Dance*	Judi			
6:20	Cycle/AbBlast	Shawn	6:30	Yoga	Lynne	5:30	Zumba®	Jessi	6:30	Zumba Gold®	Lynne	3:30	Private Dance*	Mike			
7:30	Ballroom Dance*	Judi	7:30	Jazz Dance*	Judi	6:20	Cycle/AbBlast	Shawn	7:30	Beginner Ballet*	Judi						
						7:30	Latin Dance	Michael									

Check website for updates! Classes in **RED** are new this month-**YELLOW** is a new time & **GREEN** are an additional fee. See the front desk for details, or contact Lynne Fraser at 561-1177 x223

Class Description

Belly/Bolly Fusion— Learn Bellydance and Bollywood dance moves. Includes basic techniques, combinations and choreographics.

Cardio Pump—Body Pump and intense cardio workout designed to sculpt your physique.

Core—An intense half hour of focused exercises to tone and shape your midsection/core.

B.L.T.—Shape up your lower body with this half hour of concentrated butt, leg & thigh exercises.

Cycle—The best cardio and muscle conditioning class on two wheels!

Power Sculpt—An endurance weight lifting class using barbells & weights bars.

Latin Dance, Ballroom, Jazz & Ballet* — Choose your style and dance your way to a healthier body with professional dance classes.

All age welcome! (Additional charge)

Power Ball—Have fun with fitness balls while you tone and shape your body.

Shut Up & Sweat—30 minutes of intense muscle and cardio exercises designed to bust your bod into top shape.

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

SilverSneakers® Cardio Circuit— Upper body strength work with hand-held weights, elastic tubing and a ball is incorporated with non-impact aerobics moves. Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. A chair is offered for support as needed.

Arthritis Foundation Tai Chi Program®* - is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major styles of Tai Chi. This program was derived and adapted from the Tai Chi for Arthritis program and includes copyrighted materials belonging to Dr. Paul Lam and Tai Chi Productions. (Additional charge)

Trekking—A group workout on the treadmill that will challenge all skill levels. Trekking is designed to to give you better fat burning results.

Yoga—The ultimate mind, body and spirit connection. Increase your strength, balance and flexibility. Great class for all fitness levels.

Zumba® — The most fun you will have in a fitness class! Zumba is a international fitness dance program that will give you a great workout.

Zumba Gold® — Zumba for beginners and older adults. Enjoy all the benefits of this international fitness dance class with options for all