




239-561-1177  
13010 Metro Parkway Ft. Myers, Fl. 33966

# HOURS

M—F: 5:00 AM—9:00PM  
Saturday: 7:00 AM—5:00PM  
Sunday: 9:00 AM—3:00 PM  
239-561-1177  
www.fitonmove.com

# February 2012

Monday Morning			Tuesday Morning			Wednesday Morning			Thursday Morning			Friday Morning			Saturday Morning		
8:00	Core	Mark	8:00	Yoga	George	8:00	BLT	Mark	6:00	Boot Camp	Mark	8:00	Core	Mark	7:00	Boot Camp	Mark
8:30	BLT	Mark	9:00	Zumba®	Leann	8:30	Core	Mark	8:00	Yoga	Nancy M	8:30	BLT	Mark	8:00	Silver Sneakers® MSROM	Angie
9:00	Power Sculpt	Leann		9:00	Cycle (Sign-up)	Pam	9:00	Kick Boxing	Margaret	10:00	Interval Infusion		Margaret	9:00	Zumba®	Leann	
10:00	Dance Fit	Laurie	10:00	Interval Infusion	Margaret	10:00	Dance Fit	Laurie	10:00	Interval Infusion	Margaret	10:00	Dance Fit	Laurie	10:00	Zumba®	Leann
10:45	Adult Ballet	Judi	11:00	Silver Sneakers® MSROM	Vicki	11:00	T'ai Chi Arthritis Foundation	Vicki	11:00	Silver Sneakers® MSROM	Margaret	11:00	Private Ballet	Judi	11:00	Belly/Bollywood Dance	Zana
Afternoon			Afternoon			Afternoon			Afternoon			Afternoon			National Heart Month <b>FEEL THE BEAT!</b> 		
12:15	Shut Up & Sweat	Mark	12:00	Silver Sneakers	Angie	12:15	Shut up & Sweat	Mark	12:00	Silver Sneakers	Angie	12:15	Senior Balance Plus	Sylvia			
1:30	Pilates for GOLF	Vicki	1:15	Silver Sneakers® MSROM	Angie	1:00	Silver Sneakers® CC	Margaret	1:15	Silver Sneakers® MSROM	Angie	1:00	Dance Fit	Sylvia			
5:30	Zumba®	Sara	5:30	Power Sculpt	Sylvia	2:30-4:30	Private Dance	Judi	2:30-5:30	Children Dance	Judi						
6:20	Cycle (Sign-up)	Shawn	6:30	Zumba® Beginners	Kip	5:30	Zumba®	Leann	5:30	Cardio Pump	Kip	2:30-4:30	Private Dance	Judi			
				6:20	Cycle (Sign-up)	Shawn	6:20	Cycle (Sign-up)	Shawn	6:30	Zumba® Beginners						
									7:30	Beginner Ballet	Judi						

Check website for updates! See the front desk for details, or contact Leann Parenteau at 561-1177 x223

GREEN = additional fee RED = new class BLUE = time/day change

\* Schedule is subject to change \*

# Class Description

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

Balance +Plus+ - 30 minutes of basic balance work for greater mobility and stability.

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.

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

Dance Fit - A great class to get your groove on!

Interval Infusion - Cardio and Strength training, with short bursts of each, for *MAXIMUM* results.

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

All ages welcome! (Additional charge)

Pilates for Golf - A 6 week series that will help you hit the ball farther and straighter with reduced risk of injury and back pain. First half of class is done standing and the second half is beginner Pilates on mat, suitable for men and women of all ages. Focus is on “injury prevention warm up” along with a series of stretches and movements to prepare your body for optimal strength and flexibility in your golf swing. Bring your putter! Sign-up at front desk. \*Great for Tennis players also. (Additional charge)

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

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

SilverSneakers® MSROM - 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 with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers® CC - Cardio Circuit: Combine fun with 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 SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

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)

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

Advanced Yoga - 90 minutes of Ashtanga Vinyasa Yoga; Primary series with variations.

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® For Beginners — Zumba for beginners. The best way to get started to enjoy all the benefits of this international fitness dance class with options for all levels.

Schedule is subject to change

Not all classes are for all fitness levels. Please make sure you are in the appropriate class for your fitness level.