

Group Fitness Schedule
FORTENBERRY-COLTON PFC
OCTOBER 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30 CSI	8:30-9:30 Strong Bodies	8:30-9:30 Zumba	8:30-9:30 Spinning	8:30-9:30 Zumba	9:00-10:00 Step (October 3)
10:00-10:50 Power 45 Pilates	9:45-10:45 Yoga	10:00-10:50 Power 45 Pilates	9:45-10:45 Yoga	11:15-12:15 Spinning	9:00-10:00 Zumba (October 10)
11:15-12:15 Spinning	11:15-12:00 F.A.S.T. (GYM or Outdoors)	11:15-12:15 Spinning	11:15-12:00 F.A.S.T. (GYM or Outdoors)	4:45-5:45 Spinning	9:00-10:00 Kickboxing (October 17)
4:10-4:30 Ab Lab	3:00-4:00 Spinning	4:10:4:30 Ab Lab	11:15 -12:15 Pilates	6:00-7:00 Yoga	9:00-10:00 F.A.S.T. (October 24)
4:45-5:45 Strong Bodies	4:10:4:30 Ab Lab	4:45-5:45 CSI	3:00-4:00 Spinning		NO CLASS OCT 31
6:00-7:00 Spinning	4:45-5:45 Spinning	6:00-7:00 Spinning	4:10-4:30 Ab Lab		3:00- 4:45 Hip Hop Dance (NO CLASS OCT 3)
7:15 -8:15 Kickboxing	6:00-7:00 Yoga	7:15-8:15 Kickboxing	4:45-5:45 Spinning		
	7:15-8:15 Step & Sculpt		6:00-7:00 Yoga		
			7:15-8:15 Step & Sculpt		

UPCOMING EVENTS OCTOBER

HISPANIC HERITAGE GATE TO GATE RUN
 SATURDAY OCTOBER 3
 9:00am RACE START
 REGISTER NOW!!

YOGA CHALLENGE NIGHT
 THURSDAY, OCTOBER 15
 5:00-7:00pm

SPOOKY 5K & 1 MILE FUN RUN
 SATURDAY, OCTOBER 31
 9:00 AM RACE START
 REGISTER NOW!!!

Class Sign In Policy:

Class reservations may be made after **5:30 am** the day of class. (You may call in at 8:00am on Saturday)

You **must** check in at least 10 min. prior to class start time or you will forfeit your reservation.

Call 255-3794



REMINDER!!!
FORTENBERRY-COLTON PFC
WILL BE CLOSED
COLUMBUS DAY OCTOBER 12

ANDREWS PFC WILL BE
OPEN 10:00 AM — 6:00 PM

Schedule is subject to change

Our Mission Statement

The Fortenberry-Colton Physical Fitness Center is dedicated to serving the needs of our patrons by providing professional instruction, a safe, effective, well balanced and fun workout. We strive to offer a variety of classes that focus on cardiovascular conditioning, strength, flexibility training, and a bodymind awareness. We believe in promoting the general health of the individual on a personal level with all the components to make your workout an effective and enjoyable experience.

Class Descriptions

Ab Lab....Define your waistline and increase your core stability with this effective 20 minute abdominal and back workout.

CSI (Cardio Strength Intervals)...This class alternates between intervals of athletic cardio segments and strength training segments to increase speed, power, agility and balance. It may incorporate the BOSU, jump ropes, stability balls, medicine balls or steps. Come and blast off energy (and some calories!). Class may be held in either the group fitness room or the gymnasium.

F.A.S.T. (Functional Athletic Strength Training)... Find your inner athlete with a progressive combination of strength, agility, balance and core training, utilizing kettlebells, plyometrics, medicine and stability balls. Build lean muscle, improve athletic performance and train for a healthy heart in just 45 min of your lunch break!

Hip Hop Dance...Orlando's Hip Hop class combines dance styles from different regions of the country to give it a truly unique flavor. This class will improve flexibility, endurance, and confidence on the dance floor. All routines are choreographed to fit all ages and levels, so if you love to dance and have fun this is the class for you.

Kickboxing....Develop cardiovascular endurance, speed and agility while building lean muscle mass as you learn proper punch, kick and blocking techniques. Kickboxing provides a fun, challenging and dynamic aerobic workout! Focus on core strength as well as overall upper and lower body toning in every class. Burn fat, lean out and have an awesome time doing it!

Pilates...Dramatically transforms the way your body looks, feels, and performs. It builds strength without excess bulk, creating a sleek, toned body. It teaches body awareness, good posture and graceful movement. Pilates improves flexibility, agility, and economy of motion.

Pilates Power 45....This is a classical Pilates Mat class with an aerobic twist! A Mat II Level (intermediate) class with more advanced moves and quicker transitions between positions. Few pauses and breaks which will raise your heart rate to provide cardiovascular benefits. Prior Pilates experience is recommended to learn basic movements and modifications.

Spinning... Begin to make your fitness goals a reality, with no complicated moves to learn, a motivating group environment, excellent instructors, and music that begs your legs to pedal. You'll get a heart pounding yet low impact workout while maintaining the ability to go at your own pace. Training sessions will be either Interval, Endurance, Strength or All-Terrain rides. **Water bottle is required in class!** Appropriate for all fitness levels.

****If this is your first time, please come a few minutes early for proper bike set up.****

Step & SculptA low impact cardio class, uses the step bench with adjustable height. Body Sculpting incorporates dumbbells, elastic tubing, BodyBars, and Resist-a-Balls, to engage all major muscle groups and promote muscular strength and endurance. Appropriate for all fitness levels.

Strong Bodies...Work every muscle in every angle. This total body workout is designed to improve muscular strength and endurance utilizing free weights, tubing, BodyBars, and Resist-a-Balls. Appropriate for all fitness levels.

Yoga...A complete body workout; not only will you strengthen your body, but your mind as well. Our yoga practice stems from traditional Hatha Yoga integrating, mind and body, breath and awareness through body postures, movements, and asanas. Increase strength, flexibility, and muscle tone. Try it because you are curious, stick with it because you are enlightened.

Zumba....One of the hottest fitness classes sweeping the nation! Zumba is a fusion of Latin and International music—dance themes taught in easy to follow combinations for a "feel happy" workout. The class features aerobic interval training that combine fast and slow rhythms that tone and sculpt your body. All fitness levels welcome.

Class Fees

\$3 per class or \$20 per month (unlimited classes)

\$5 for one week.....\$10 for two weeks.....\$15 for three weeks

Questions? 334.255.3794

Class Sign In Policy

Patrons may sign up for any class on the day of that class after 5:30 am, by calling in a reservation or by coming into the Fortenberry-Colton PFC. You must check in at the front desk at least 10 min prior to your class or you will forfeit your reservation. CALL 334.255.3794