



Group Fitness Weekend Schedule September, 2008

September Fitness Thought

Summer sees its last hurrah in September as the leaves start turning and the weather starts cooling, but keep a stiff upper lip; the sizzle of our Fall schedule will try to make up for it. Some of you fell off the fitness "wagon" over the Summer months and it is now time to regroup and welcome some team members back to the schedule. Tara is back from maternity leave, and Tosha rejoins the staff after a three year hiatus. Try one of their classes, you won't be disappointed.

Our Group Fitness Director, Dani Kelly, is the co-founder of "Rockin for a Reason," an organization that presents an annual music festival to raise awareness and money for breast cancer programs. This year's event, Rocktoberfest '08, will mark year three of their efforts to raise money for local charity, The Inspiration for Hope Foundation, as well as the American Cancer Society's "Making Strides Against Breast Cancer" campaign. The organization has given these two causes \$8,000 in the last two years. Let's make it an additional \$8,000 this year.

The festival is September 26th and 27th in the Old Chicago lot on East State Street. Advance tickets are available at the Front Desk for only \$5.00 per day. It's a great way to kick off National Breast Cancer Awareness Month in October. More information is available at www.RockinforaReason.org.

FRIDAY	SATURDAY	SUNDAY
<p><u>September 5th</u> 4:30-5:30 Training Camp (I) 5:45-6:45 Step & Sculpt (I) w/Jodi</p>	<p><u>September 6th</u> 8:00-9:00 Step & Sculpt (I) 9:15-10:15 Training Camp (I) w/Stori</p>	<p><u>September 7th</u> 8:30-9:30 Zumba & More (I) 9:45-10:30 Fall Firm-up (I) w/Shayne 11:15-12:30 PM Yoga Flow (II) w/Anne</p>
<p><u>September 12th</u> 4:30-6:00 Yoga changed to 4:30-5:30 Yoga-lates (II) w/Jodi 5:45-6:45 Belly Dance (I) w/Dani</p>	<p><u>September 13th</u> 8:00-9:00 Chicks on Wheels/ Fall Firm-up (I) w/Shayne 9:15-10:15 Have A Ball!!! (I) Kim</p>	<p><u>September 14th</u> 8:30-10:00 Dani's Cycle Challenge (I) w/Guess Who?? 11:15-12:30 PM Yoga Flow (II) w/Anne</p>
<p><u>September 19th</u> 4:30-5:30 Step & Sculpt (I) w/Jodi 5:45-6:45 Fall Firm-Up (I) w/Anne</p>	<p><u>September 20th</u> 8:00-9:00 Kickboxing (I) 9:45-10:45 Fall Firm-up (I) w/Tara</p>	<p><u>September 21st</u> 8:30-9:30 Zumba & More (I) 9:40-10:00 Middle Management (I) w/Shayne 11:15-12:30 PM Yoga Flow (II) w/Anne</p>
<p><u>September 26th</u> 4:30-5:30 Kickboxing (I) w/Tara 5:45-6:45 Core Essentials (I) w/Anne</p>	<p><u>September 27th</u> 8:00-9:30 Triple Treat (I) 9:45-10:45 Pilates (II) w/Anne</p>	<p><u>September 28th</u> 8:30-9:30 Early Burn (I) 9:45-10:45 The Melt Meld (II) Dani 11:15-12:30 PM Yoga Flow (II) w/Anne</p>

ADDITIONAL CLASS DESCRIPTIONS NOTE: (I) & (II) denote the Studio the class is in, not the difficulty level.

Triple Treat

This high-energy class offers it all; instructor's choice of cardio, muscle conditioning and Yoga, Pilates and/or stretch for the total body workout you've been longing for. Each fitness style will represent 1/3 of the allotted class time, so feel free to stay for one, two, or all three segments. Prior warm up required if attendance starts with segment 2.

Yoga-lates

Let your mind escape into the movements as you take your mind/body workout to a new dimension in this classic blend of Yoga and Pilates. Lengthen, strengthen and enjoy.