



VERSA TRAINING & ISLAND RIDE STUDIO CYCLING

Cedarparkade, Washington Street, Hamilton HM 11 Telephone: 295-6140 Fax: 295-9669 SPRING SCHEDULE 2010

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:15 - 6:55 40 mins	ROAD DRILLS		CYCLE IR 40		ROAD DRILLS			
6.15 - 7.10 55 mins	YOGA FLOW <i>7.00 - 7.55</i>	BODY SCULPT <i>6.15 - 7.10</i>		BODY SCULPT <i>6.15 - 7.10</i>				
11:30 - 12:10 40 mins		I LOST IT' WEIGHT MANAGEMENT \$		I LOST IT' WEIGHT MANAGEMENT \$		PUMPFIT <i>9.30 - 10.25</i>	CARDIO BLAST	
12:15 - 12:55 40 mins	CYCLE IR 40	PILATES MAT	SWISS BALL CORE STABILITY	CARDIO BLAST	ROAD DRILLS	INTRO TO ZUMBA FITNESS <i>11.00 - 12Noon</i> \$ Closed Session	BEGINNER YOGA <i>11.00 - 12 Noon</i>	
1:00 - 1:10 10 mins	FAB ABS		FAB ABS		FAB ABS			
1:15 - 1:55 40 mins	BLT	CYCLE IR 40	CROSSFIT BOOTCAMP <i>1.00 - 1.40</i>	PILATES STRENGTH	A.C.E	www.athleticclubnet.com		
5:15 - 5:25 10 mins	FAB ABS	FAB ABS	YOGA SPIN 75 mins	POWER YOGA 75 mins				
5:30 - 6:25 55 mins	CARDIO BLAST	CROSSFIT BOOTCAMP		ZUMBA FITNESS <i>5.30 - 6.30</i> \$				
6:30 - 7:25 55 mins			ZUMBA FITNESS <i>6.30 - 7.30</i> \$					

TID BITS

FAB ABS 10 minute introductory session working upper, mid and lower abdominal areas.
BUFFED BUTTS 10 minute introductory session isolating hip, thigh and butt area.

IR = ISLAND RIDE STUDIO CYCLING

CYCLE IR 40 & 55 minute studio cycle sessions, designed to burn fat, tone muscles and increase cardiovascular stamina.
ROAD DRILLS Advanced cyclists, experience Road Drills during this 40-50 minute elite class designed to take your cycling to the next level.

MULTILEVEL

BLT **BUM, LEGS AND THIGHS** Target and tone these areas that need it the most. Additional cardio in some classes.
BODY SCULPT A combination of sculpting and resistance exercises focusing on specific muscle groups each session.
CROSSFIT BOOTCAMP Strength and conditioning class aiming to use the body as one unit to maximise work output and results.
PUMPFIT A conditioning, strength-based workout that focuses on resistance training and technique perfection. Feel the burn!
CARDIO BLAST Hi Energy, sports-inspired aerobic workout. Including Ho/Lo impact moves to great music!
A.C.E 10 mins of Aerobic activity, 10 mins of Conditioning, and 10 mins of core/stretching, a chance to sample a variety of exercises!!
ZUMBA FITNESS New Latin style dance workout, incorporating toning and cardio exercise. Come along and join the party!
INTRO TO ZUMBA FITNESS 4-Week Course, basic version of the regular class focusing on the breakdown of the moves, see Front Desk for rates

MIND-BODY CLASSES

YOGA SPIN Pedal to the Mental during this 75-minute class! Enjoy the cardiovascular benefits of a cycle session completed with the strength and flexibility benefits of a yoga practice.
PILATES MAT Work towards a stronger, leaner, longer you. Strengthen and tone your core, abdominals and back using traditional Pilates
PILATES STRENGTH This challenging intermediate class will add variations to the classic mat workout with the addition of props.
POWER YOGA A vigorous, flowing and dynamic yoga practice building strength, flexibility, endurance and grace.
SWISS BALL CORE STABILITY A variety of exercises designed to develop and enhance abdominals and lower back on the swiss ball leading to improved core stability.
BEGINNER YOGA A free Yoga class helping Claire achieve her teaching qualification, running for 8 weeks, bring your Yoga mat!
YOGA FLOW Slow and controlled movements to improve flexibility and renew the mind/body connection.