



Group Exercise Schedule Effective 1.18.2010

FRIDAY

9:30AM – 10:30AM

C.S. Interval with John

Group X Room

4:30PM - 5:30PM

Low-Impact Aerobics with Chris

Group X Room

Coming Soon... 6 AM Spinning, Evening Zumba, and Morning Kickboxing

Lighthouse Fitness 430 Court Street Plymouth, MA (508) 746-8770

Cardio Dance:	Aerobics meets the night club! This dynamic dance class will work your whole body by integrating classic aerobic moves with hip-hop.
Kickboxing	A total body "kick butt" workout that combines elements of cardio and boxing.
Cardio Sport:	A high intensity interval training philosophy utilizing sports conditioning techniques
C.S. Interval:	Total body resistance training with a high interval twist. The best of Cardio Sport conditioning with strength training techniques.
Spinning:	Increase strength, cardio endurance, and speed in a class which combines interval levels of spin techniques.
Muscle Madness:	A complete muscle conditioning class that incorporates weights, resistant bands, and tubes for a total body workout.
Kripalu Yoga:	Designed for any level, this class teaches variations of poses leading to increased strength and balance.
Mat Pilates:	This mat class teaches balance and body control by increasing strength and flexibility of abdominals, core, and back muscles resulting in better posture, balance, and core strength.
Core Fusion:	A total Body workout utilizing BOSU & stability ball moves designed to strengthen the core.
Phenomenal Abs:	A dynamic 30-minute class dedicated to conditioning the abdominal and core areas.
Awesome Arms:	This 30-minute high intensity class will tone and sculpt your arms using the latest fitness training techniques.
Zumba®:	ZUMBA® is a fusion of Latin and International music that create a dynamic, exciting, effective fitness system! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.
So you think you can?	Push Up? Squat? Crunch? We'll See.....
Sculpt & Burn:	A total body strengthening class that utilizes stability balls, bands, free weights & steps. A high-energy class that you will feel for days!