

## Group Exercise Schedule January 2012



LeahHuskFitness  
Group Exercise / Personal Training

9502 Chamberlayne Road, Mechanicsville, Virginia 23116

(804) 789-9205

Visit us at [www.leahhuskfitness.com](http://www.leahhuskfitness.com) or on Facebook

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Happy New Year!!!!  <b>2:00 pm Spin Off the Wall Yoga/ Leah (75 min class)</b>	2  5pm Yoga Fusion/ Gaynell  6:30pm Zumba/ Debbie	3  5:30pm Cycle (55 min)/ Emily  6:30pm <b>DEFINE/ Leah</b>	4  5pm Flow Yoga/ Gaynell  7pm Yoga Fusion/ Bonnijean	5  5:30pm Cycle (45 min)/ Meg  6:30pm Flirty Girl Fitness/ Emily	6	7 8:00am <b>Cycle/ Meg</b>  9am Yoga Fusion/ Leah
8  2:00 pm Yoga Fusion/ Bonnijean	9  5pm Yoga Fusion/ Gaynell  6:30pm Zumba/ Debbie	10  5:30pm Cycle (55 min)/ Chris  6:30pm <b>DEFINE/ Meg</b>	11  5pm Flow Yoga/ Leah  7pm Yoga Fusion/ Bonnijean	12  5:30pm Cycle (45 min)/ Emily  6:30pm Zumba/ Gloria	13	14 8:00am <b>Fatburner Circuit/ Leah</b>  9am Yoga Fusion/ Jenna
15  2:00 pm Yoga – Beam/ Leah	16  5pm Yoga Fusion/ Leah  6:30pm Zumba/ Debbie	17  5:30pm Cycle (55 min)/ Emily  6:30pm <b>DEFINE/ Leah</b>	18  5pm <b>Yin Yoga/ Gaynell</b>  7pm Yoga Fusion/ Bonnijean	19  5:30pm Cycle (45 min)/ Chris  6:30pm Flirty Girl Fitness/ Meg	20	21 8:00am <b>Kick Butt Kickboxing/ Debbie</b>  9am Yoga Fusion/ Leah
22  2:00 pm Yoga Fusion/ Jenna	23  5pm Yoga Fusion/ Gaynell  6:30pm <b>Flirty Girl Fitness/ Meg</b>	24  5:30pm Cycle (55 min)/ Meg  6:30pm <b>DEFINE/ Charles</b>	25  5pm Flow Yoga/ Leah  7pm Yoga Fusion/ Bonnijean	26  5:30pm Cycle (45 min)/ Chris  6:30pm Zumba/ Erin	27	28 8:00am <b>Cardio Sculpt/ Darlene</b>  9am Yoga Fusion/ Jenna
29  2:00 pm Yoga Fusion/ Jenna	30  5pm Yoga Fusion/ Gaynell  6:30pm Zumba/ Erin	31  5:30pm Cycle (55 min)/ Emily  6:30pm <b>DEFINE/ Leah</b>	<b>GROUP EXERCISE NEWS!!!!</b> X Be sure to join Leah on New Year’s Day for Spin Off the Wall Yoga at 2:00 pm. X Tuesday 5:30 pm cycle classes will now be 55 minutes. We are confident that you can handle an extra 10 minutes of cycling. X We will no longer offer Sunrise Yoga on Friday mornings; HOWEVER, look for Yoga classes on Sundays at 2:00 pm. X Be sure to check out the variety of cardio classes on Saturday mornings at 8:00 am. X Special <b>Yin Yoga</b> class with Gaynell on January 18 <sup>th</sup> .			

## CLASS DESCRIPTIONS

**Cardio Sculpt:** Low impact cardio movement combined with strength training intervals. Burn Fat & Build Muscle all in one class! All levels welcome.

**Cycle:** Come join us for a pure fat burning workout (an average of 400 calories!) using bikes especially designed for an awesome indoor ride!

**Define:** A strength training class using kettle bells and tubing. A great total body workout.

**Fatburner Circuit:** This is a 60 minute circuit training class. Varied stations of cardio & strength sure to burn fat!!

**Flirty Girl Fitness:** A cardio workout that combines fun, fabulous fitness dance moves that provide the perfect combination of high-intensity cardio and strength training. You will feel like you are part of a music video. No dance experience necessary!

**Flow Yoga:** Linking movements with breath to increase balance, flexibility and strength for an energizing workout. Modifications made for beginners and options given for more advanced students.

**Kick Butt Kickboxing:** Jab, hook, uppercut and roundhouse your way to total body fitness! All levels welcome!

**S.H.R.E.D.** – Strength, High-Intensity, Resistance, Endurance, Drive is what will be delivered in this strength/cardio interval class that will be challenging enough for the advanced participant but also simple enough for the beginner.

**Spin Off The Wall Yoga:** Gear up for a great 30 minute Cycle class followed by 45 minutes of Yoga using the wall for support and balance.

**Yin Yoga:** Yin focuses on passive poses holding for longer periods of time (1 hour)

**Yoga – Beam:** A fusion of Yoga and a Beam that will work your core in a standing, kneeling, sitting or lying down position, improve overall core strength and stability, firm and tone most muscle groups and improve balance.

**Yoga Fusion:** A great combination of Flow movement, core strengthening and stretching. All levels welcome

**Zumba:** A fun, energizing Latin dance aerobic workout using a fusion of Latin and International music. The class will tone and sculpt your body. No dance experience necessary.

## **CLASS PRICING**

\$10 Drop In

\$36 for 4 classes (Enjoy for 30 days from the date of purchase)

\$64 for 8 classes (Enjoy for 45 days from the date of purchase)

\$84 for 12 classes (Enjoy for 60 days from the date of purchase)

\$88.00 for unlimited classes (Enjoy for the entire month)

**PERSONAL TRAINING PRICING** Please visit our website at [www.leahhuskfitness.com](http://www.leahhuskfitness.com) for information regarding our personal training prices and to book your personal training sessions online.