

Group Exercise Schedule February 2012



**9502 Chamberlayne Road, Mechanicsville, Virginia 23116
(804) 789-9205**

Visit us at www.leahhuskfitness.com or on Facebook

SUN	MON	TUES	WED	THURS	FRI	SAT
 <p>PARTNER YOGA ON VALENTINE'S DAY requires pre-registration. You may pre-registration by phone, email, or "book-it" online on our website.</p>			1 5pm Flow Yoga/ Leah 7pm Yoga Fusion/ Bonnijean	2 5:30pm Cycle (45 min)/ Meg	3	4 8:00am Cycle / Meg 9am Yoga Fusion/ Leah
5 2:00 pm Yoga Fusion/ Anissa	6 5pm Yoga Fusion/ Leah 6:30pm Zumba/ Erin	7 5:30pm Cycle (55 min)/ Chris 6:30pm DEFINE / Meg	8 5pm Flow Yoga/ Anissa 7pm Yoga Fusion/ Bonnijean	9 5:30pm Cycle (45 min)/ Emily	10	11 8:00am Define / Meg 9am Yoga Fusion/ Jenna
12 2:00 pm Yoga – Beam/ Leah	13 5pm Yoga Fusion/ Leah 6:30pm Zumba/ Debbie	14 6pm Partner Yoga (Beginners are Welcome)/ Leah Pre-registration required	15 5pm Flow Yoga/ Anissa 7pm Yoga Fusion/ Bonnijean	16 5:30pm Cycle (45 min)/ Emily	17	18 8:00am Cardio Sculpt Intervals / Debbie 9am Yoga Fusion/ Anissa
19 2:00 pm Yoga Fusion/ Jenna	20 5pm Yoga Fusion/ Gaynell 6:30pm Zumba/ Erin	21 5:30pm Cycle (55 min)/ Emily 6:30pm DEFINE / Charles	22 5pm Flow Yoga/ Gaynell 7pm Yoga Fusion/ Bonnijean	23 5:30pm Cycle (45 min)/ Chris	24	25 8:00am Cycle / Maria 9am Yoga Fusion/ Jenna
26 2:00 pm Yoga Fusion/ Leah	27 5pm Yoga Fusion/ Leah 6:30pm Flirty Girl Fitness / Meg	28 5:30pm Cycle (55 min)/ Maria 6:30pm DEFINE / Leah	29 5pm Flow Yoga/ Anissa 7pm Yoga Fusion/ Bonnijean			

CLASS DESCRIPTIONS

Cardio Sculpt Intervals: Intervals of cardio and strength training. Burn Fat & Build Muscle all in one class! All levels welcome. Easy to follow moves.

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.

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.

Partner Yoga: Deepen your stretches with facilitated stretching applied by a partner, friend or spouse. Having a helping hand can make the impossible seem possible!

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 for information regarding our personal training prices and to book your personal training sessions online.