



Group Exercise Menu

Web Site: stuartlifefitnessclub.com

2151 SE Fed Hwy, Stuart (772) 283-1234 revised 9/01/10

Check us out on Facebook!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Starting 8/24 8:15 – 9 a.m. Zumba w/ Andrea				8:15 – 9:15 a.m. Indoor Cycling 1 st Sam 2 nd Alan 3 rd Gretchen 4 th Mosa 5 th Alan
9:30 – 10:30 a.m. Body Conditioning w/Lonee 9:15 – 10:15 a.m. Indoor Cycling w/Michelle	9:15 – 10:15 a.m. Hatha Yoga w/Karen	9:30 – 10:30 a.m. Hip Hop w/Rondelle 9:15 – 10:15 a.m. Spin Circuit w/Michelle	9:15 – 10:15 a.m. Hatha Yoga w/Karen	9:30 – 10:30 a.m. Body Conditioning w/Lonee 9:15 – 10:15 a.m. Indoor Cycling w/Michelle	9:45 – 10:45 a.m. Yoga 1 st Karen 2 nd Amy 3 rd Kim 4 th Kim 5 th Amy
	11:00 a.m.-12:00 Pumped-Up Cardio w/Lonee	10:45 – 11:45 a.m. Step & Sculpt w/Colleen	11:00 a.m.-12:00 Strength & Stretch w/Lonee	10:45– 11:45a.m. Cardio Sculpt w/Mosa	
	12:05-1:00 p.m. Your Choice DVD w/V.I.	12:05-1:00 p.m. Your Choice DVD w/V.I.		12:05-1:00 p.m. Your Choice DVD w/V.I.	LIFE want's to Get STUART Fit! Free Group Exercise classes on Saturday mornings! *
3:30 – 4:15 p.m. * Kids Club Class Will be back Sept 8th		3:30 – 4:15 p.m. * Kids Club Class Will be back Sept 8th			*Participant must be at least 18 years of age. Hip Hop workshops not included.
4:30 – 5:30 p.m. Funk'd Up Step w/Lonee	4:30 – 5:30 p.m. Zumba w/Amy	4:20 – 5:20 p.m. Pilates w/Ball w/Colleen	4:30 – 5:45 p.m. Yoga Int/Advanced w/Amy New Class Time.	Starts 10th 4:30 – 5:30 p.m. Body Conditioning w/Lonee	Tia Chi will be back in November!
5:30 – 6:30 p.m. Zumba w/Dominic 5:45 – 6:45 p.m. Cycle w/Sam	5:45 – 7:00 p.m. Yoga Int/Advanced w/Amy New Class Time.	5:30 – 6:30 p.m. Step & Sculpt w/Kim 5:45 – 6:45 pm Cycle-delic w/Alan	6:00-7:00 p.m. Zumba w/Amy New Class Time.	6:30 – 7:45 p.m. Hip Hop *WORKSHOP w/Rondell *Fee Starts Sep 3rd	
6:45 – 8:15 p.m. Hip Hop *WORKSHOP w/Rondell *Fee		6:45 – 7:45 p.m. Hip Hop w/Rondell	Flirty Girl Workshop on Sept 16 th @ 7:15pm *fee		
<p>Pilates for LIFE Reformer/Towers: Group and Private sessions available (additional charge). With Paytra and Tabatha – certified Equipment Instructors. Take advantage of FREE trial session – sign up at Pilates Studio in the Fitness center.</p>					

* Kids Club Class for 5-10 years olds. Member's children are free but must register at front desk.

We offer free child care for members while they exercise. Contact the center to learn about child age requirements, supplies you must bring registration and other guidelines. Child care staff is trained in CPR. Class and Child Care schedule subject to change.

Fitness Club Hours				Child Care Hours			
Sun 8a - 4p	Mon-Thurs 5a – 10p	Fri 5a-9p	Sat 7a-6p	Mon 8 am – 12:30 pm 4:00 – 8:30 pm	Tues/Thurs/Fri* 8 am – 12:00 pm 4:00 – 8:30 pm (Close at 7:30pm Fridays)	Weds 8 am – 12:30 pm 4:00 – 8:30 pm	Sat 8: am – 12:00 pm

L.I.F.E. Fitness: Live Exercise Class Descriptions:

Pumped-up Cardio: A non-stop heart pumping cardio class incorporating, kickboxing and dance.

Strength & Stretch: 30 min. full body weight training followed by 30 min of flexibility training.

Body Sculpt: All fitness levels can reshape their bodies with this heart-pumping, strength training workout. The weight training is followed by a full body stretch segment.

Step & Sculpt: Basic step moves interspersed with strength training – get cardio, weights and core work all in one class.

Funk'd Up Step: An outrageously fun, choreographed, Advanced funky step class.

Hip Hop: The name says it all. Let Rondell show you how to bring it!

Zumba: This fusion of Latin and international music and dance themes creates a dynamic, exciting and effective workout!

Mind-Body Classes

Yoga (Hatha): This class focuses on the fundamentals of yoga: to gain strength and concentration, improve flexibility, release stress and tension. When combined with deep breathing and relaxation, the practice of Hatha Yoga will bring into balance the mind, body, and heart.

Tai Chi: Tai chi chuan is a form of traditional Chinese martial arts. It is considered a *soft style* martial art; an art applied with internal power. Benefits include less stress, better balance, greater flexibility and coordination.

Pilates: A mat class with mind and body exercises that focus on building core abdominal and back strength. Dynamic, three-dimensional movements. Balances strength with flexibility and improves posture and circulation. Persons taking Pilates class should have a healthy back and spine. If you have any injuries, surgeries and specific problems, you should consult your doctor before attending classes. **w/Ball** – utilizes therapy ball for some of the exercises, for added stability training.

Indoor Cycling Classes

Indoor cycling: This class involves cruising over different "terrains" while riding a fixed-gear stationary bicycle. This class is for people of all ages, and students can adjust tension accordingly. Join this exciting athletic training program and come along for the ride! New students need to arrive 10 minutes prior to class.

Cycle-delic: Take your traditional cycling class and add some really cool music from the 70's, 80's, jazz, classical and you've got *cycledelic!*

Kids Club Class: For 5-10 year olds. This exercise class is all about having fun! Hula hoops, bean bags, relay races and skill/agility-related activities to develop athletic skills. Instructor Masters degree in Exercise Physiology and is certified Florida teacher K-12.