RUDOLF FITNESS CENTER FALL 2009 SESSION 1

Classes start on Monday, September 14th

CIRCUIT TRAINING - A structured fast paced, higher repetition and shorter rest period multifaceted exercise/weightlifting program utilizing LifeFitness™ cable machines. Class rotates between strength, power and endurance formats, providing the changes you need to avoid plateaus and maximize results. Define yourself! Suitable for EVERYONE! Fee: $10.00.

Tuesdays	12:10-12:50 PM	Thursdays	12:10-12:50 PM

X-BIKING (Indoor Mountain Bike Experience) - The interval based, X-Biking rides will call on your entire body. Your upper-body musculature, legs, core abdominal and stabilizer structures, neuromuscular and cardiovascular systems are all activated delivering functional fitness benefits that exceed any group cycling program ever created. Fee: $10.00

Mondays	12:10-12:50 PM	Mondays	5:10-5:50 PM
Tuesdays	12:10-12:50 PM	Tuesdays	5:10-5:50 PM
Wednesdays	12:10-12:50 PM	Wednesdays	5:10-5:50 PM
Thursdays	12:10-12:50 PM	Thursdays	5:10-5:50 PM

MASTERS SWIM - A program which is designed for anyone with a minimal swimming background interested in improving their swimming techniques. This is a great training tool for triathlons to keep in shape while utilizing a low impact exercise. Fee: $10.00

Monday	4:00-5:00 PM	Wednesday	4:00-5:00 PM

DEEP WATER WORKOUT – Suspended completely in deep water through the use of special aquatic fitness belts, individuals can exercise without stress and pressure on their shins, joints and knees. Water jogging and aerobics provide a great cardiovascular workout and total body muscle toning. Fee: $10.00.

Monday	5:10-6:00 PM	Wednesday	5:10-6:00 PM

HIP HOP –This is a high energy street/funk class that teaches current west coast hip hop styles. The class includes a warm-up, strength elements, hip hop progressions, and a new routine taught each week. The music is fresh, the pace is fast, and the style is hot. Fee: $10.00.

Monday	5:10-6:00 PM	Wednesday	5:10-6:00 PM

FITNESS YOGA - This Yoga class is designed to enhance vitality and sense of well-being. A focus on flexibility, balance, strength, and posture is the core principle. Fee: $10.00.

Mondays	6:10-7:00 PM	Wednesdays	6:10-7:00 PM

CORE & STRENGTH – This intense class sculpts, shapes and tones your body using thera-bands, hand weights, balls and your own body weight for resistance. Fee: $10.00.

Monday	7:00-7:40 PM	Wednesday:	7:10-8:00 PM

THE BLEND (PILATES/YOGA) - The Blend combines Yoga and mat method based on Pilates to enhance muscle strength and length. The Blend is also designed to improve posture, flexibility, & physical awareness. Great for stress reduction! Appropriate for all fitness levels. Fee: $10.00.

Tuesdays	5:10-6:00 PM	Thursdays	5:10-6:00 PM

BODY BLITZ - An energetic, high-intensity, total body workout that incorporates intervals of cardiovascular exercise and strength training. Appropriate for all fitness levels. Fee: $10.00.

Tuesdays	6:10-7:00 PM	Thursdays	6:10-7:00 PM

COMBO KICKBOXING – High energy, fast paced cardio conditioning and total body toning class. Intensity levels are determined by speed, travel, and execution of movement patterns. Fee: $10.00.

Tuesdays	7:10-8:00 PM	Thursdays	7:10-8:00 PM

TRIATHLON TRAINING – This class will run for 10 weeks. The purpose of this class is to help participants train to reach individual goals at their own pace. This class incorporates three areas of training (swimming, cycling and running) that aim at preparing each individual well for performance based competition. Fee: $20.00.

Tuesdays	4:00-5:00 PM	Fridays	10:15-11:15 AM