

# GOODYEAR FITNESS CENTER

6224 Logan Avenue  
402-464-5000

## Monday

5:30am-6:15am	Burn Intensity	Jesse
9:00am-10:00am	Keepin Fit	Carol/Billie
5:30pm-6:15pm	Spinning	Carol
6:20pm-7:20pm	RIPPED	Tammy
7:25pm-8:25pm	Power Vinyasa Flow Yoga	Judi

## Tuesday

5:30am-6:15am	Boot Camp X	Katie
9:00am-10:00am	Fit & Fabulous	Cindy
5:30pm-6:15pm	Step Combo	Renee
5:30pm-6:15pm	Spinning	Carrie
6:20pm-7:05pm	Impact KBX ( boxing room)	Ann
6:20pm-7:05pm	Butt & Gut	Carrie

## Wednesday

5:30am-6:15am	Spinning	Carrie
5:30am-6:15am	Burn Intensity	Jesse
9:00am-10:00am	Keepin Fit	Carol/Billie
5:30pm-6:30pm	Boot Camp X	Claude
5:30pm-6:15pm	Spinning	Hanna
7:25pm-8:25pm	Power Vinyasa Flow Yoga	Judi

## Thursday

5:30am-6:15am	Boot Camp X	Katie
9:00am-10:00am	Fit & Fabulous	Cindy
5:30pm-6:15pm	Burn Intensity	Jesse
6:20pm-7:05pm	Butt & Gutt	Jesse
7:25pm-8:25pm	Vinyasa Flow Yoga	Judi

## Friday

5:30am-6:15am	Spinning	Carrie
8:30am-9:30am	Vinyasa Flow Yoga	Judi
9:00am-10:00am	Keepin' Fit	Carol/Billie
5:30pm-6:30pm	Boot Camp X	Tammy

## Saturday

8:10am-9:10am	Vinyasa Flow Yoga	Judi
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## Sunday

10:00am-11:30am	Spin-Body Power Combo	Cindy
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### Descriptions:

**Fit & Fabulous** -This is a class for the Young at Heart. This class includes stretching, low impact aerobics and light toning **Impact KBX**- This class will have you sweating for MORE! Our Impact KBX is taught using the bag for a hard core workout! Taught by trained, certified instrutors who will guide you through proper form and instruction burning calories and defining muscles. This is a Sign Up class and hand wraps or gloves are requires. Sign up is at the front desk. Only 12 participants allowed for class.

**Step Combo** -This high-energy class incorporates basic Step and Floor work for and energy charged workout. **Yoga** -Yoga utilizes stretching postures, breathing & meditation techniques to calm the emotional state and the mind.

**Vinyasa Flow Yoga** -Vinyasa Yoga uses stretching, hand madras, pranayama [breathing], and asanas [yoga poses] to flow from movement to movement, breath to breath, moment to moment.

**Power Vinyasa Flow Yoga:** This is a more athletic/fitness based vinyasa (flow) style of yoga. Synchronizing movement & breath, moving from one asana (pose) to another generates inner heat and creates total body/mind/heart balance. This style of yoga is vigorous and energetic. Due to the vigorous nature of this style it is best if students already have familiarity with yoga.

**Spinning:** This 45 minute indoor cycling class is designed to give you the best cardio workout and calorie burn that you can get in such a short amount of time. This class is designed for all levels of fitness in that each individual is in control of their own resistance level. Bring a water bottle!

**Keepin' Fit** -This class is designed specifically for those individuals concerned about keeping healthy and fit as they mature. You'll be led through and energetic lo-impact cardio routine with added toning and stretching, for a well-rounded workout

**Boot Camp X** : This ain't your mama's aerobics class! Boot Camp EXTREME training is a combination of Boot Camp meets sports conditioning. This class incorporates cardio, weights, drills, the indoor and outdoors to keep you sweating or make you cry!

**Butt & Gut** : A fun and fast-paced class for all fitness levels filled with exercises specifically designed to shape your butt and tone your gut! A Great addition to any workout!

**CardioBURN** : Get your Cardio and your Burn on with CardioBURN . This Combination class provides you with both cardio and weight training for the ultimate fat burning class.

**Burn Intensity** : Burn Intensity, a weight training group fitness class that will kick your BUTT. This 45 min full body workout will give you that high impact sweat that your body has been searching for, all done with the most awesome songs from the 80's all the way to today's Top 40 music. If you're ready for a head to toe weight training workout that you've been looking for, then this is the class for you!!!

**R.I..P.P.E.D.** :-The One Stop Body Shock™ is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I..P.P.E.D. class. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. Thus, regular R.I..P.P.E.D. participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes.

**Spin-Body Power Combo** - 45 minutes of Spin and 45 minutes of Body Power

