

WINTER 2012 GROUP EX SCHEDULE EFFECTIVE FEBRUARY 6, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 - 7 am * BALANCE CORE CHALLENGE with Lori 300+ CAL	5:45 - 6:30 am * BOOT CAMP with Lori 600-800+ CAL	6:30 - 7 am * CORE/BOSU with Lori 300+ CAL	6:45 - 7:45 am * TOTAL BODY ENERGIZER with Marysia 600-800 CAL	5:45 - 6:30 am * BOOT CAMP with Lori 600-800 CAL	9:45 - 10:30 am * HIGH CLASS III with Garth 600-800 CAL
7 - 8 am * CARDIO KICK with Lori 600-800+ CAL	6:30 - 7:00 am * CORE/BALL with Lori 300+ CAL	7 - 8 am * BOOT CAMP CHALLENGE with Lori 600-800+ CAL	11 - 11:30 am * WHAT A WAIST! with Ann Marie 300+ CAL	6:30 - 7 am * CORE VARIETY with Lori 300+ CAL	10:45 - 11:30 am * CORE STRENGTHENING with Garth 300+ CAL
11 - 11:30 am * HELLO MONDAY VITALITY STRETCH with Ann Marie 300+ CAL	6:30 - 7:15 am * NEW DEFINITIONS with Patsy 400-600 CAL	10:45 - 11:30 am * FLEX & FLEXIBILITY with Rob 300 CAL	11:30 am - 12:15 pm * LOW INVEST /HIGH RETURN with Ann Marie 400-600 CAL	7 - 8 am * POWER SCULPT with Lori 400-600 CAL	11:30 am - 12:30 pm * WILD LOTUS YOGA with Susan 400-600 CAL
11:30 am - 12 pm * HARDCORE ABS & BACK STRENGTH with Ann Marie 300+ CAL	7 - 8 am * POWER YOGA with Lori 300+ CAL	11 - 11:30 am * POWER WORKOUT with Anna 400-600 CAL	11:30 am - 12:15 pm * MILITARY DRILL III with Anna 600-800 CAL	7:15 - 8:15 am * OPEN KARATE with Olga 300+ CAL	
11:30 am - 12:15 pm * POWER STEP III with Anna 600-800 CAL	11 - 11:45 am * G.I. JANE with Karey 600-800 CAL	11:30 am - 12 pm * HARDCORE ABS & BACK STRENGTH with Anna 300+ CAL	12:15 - 1 pm * BOSU BOOTY CAMP with Rob 400-600 CAL	11:15 am - 12 pm * STRETCH HEAVEN with Jorhdin 300+ CAL	
12 - 1 pm * POWER YOGA with Lori 300+ CAL	11:30 am - 12:15 pm * STEP & GLIDE with Jeff 600-800+ CAL	11:30 am - 12:15 pm * TOTAL ASSET MANAGEMENT with Ann Marie 400-600 CAL	12:15 - 1 pm * SUPER SCULPT with Gary 400-600 CAL	11:30 am - 12:15 pm * TWIN STEP III with Anna 600-800 CAL	
12:15 - 1 pm * TOTAL ASSET MANAGEMENT with Ann Marie 400-600 CAL	11:45 am - 12:45 pm * YOGALATES with Andrea 300+ CAL	12 - 12:45 pm * PILATES with Tracy 300+ CAL	1 - 1:45 pm * CARDIO PARTY II with Garth 600-800 CAL	12 - 12:45 pm * BODY SCULPT with Rob 400-600 CAL	
1 - 1:45 pm * ZUMBA® with Dione 400-600+ CAL	12:15 - 1 pm * ZUMBA with Jeff 400-600+ CAL	12:15 - 1 pm * SIZZLING HOT BRAZILIAN BUTT with Ann Marie 400-600 CAL	1 - 1:45 pm * CORE/BALL with Lori 400-600 CAL	12:15 - 1 pm * MILITARY STEP III with Anna 600-800 CAL	
1 - 2 pm * HATHA YOGA II with Ian 300+ CAL	12:45 - 1:30 pm * CORE STRENGTHENING with Ann Marie 400-600 CAL	12:45 - 1:45 pm * HATHA YOGA I with Ian 300+ CAL	1:45 - 2:30 pm * TOTAL ASSET MGMT with Ann Marie 400-600 CAL	12:45 - 1:45 pm * FLUID HATHA I with Kate 300+ CAL	
5:10 - 5:30 pm * ULTIMATE ABS with Dexter 300+ CAL	1:00 - 1:45 pm * BOSU SCULPT with Rob 400-600 CAL	1 - 1:45 pm * BURN IT! with Rob 600-800 CAL	1:45 - 2:45 pm * POWER YOGA with Lori 300+ CAL	1 - 1:45 pm * BURN IT! with Rob 400-600+ CAL	
5:30 - 6:30 pm * YOGA FUSION with Robert 300+ CAL	1:30 - 2:15 pm * DEEP STRETCH & RELEASE with Ann Marie 300+ CAL	1:45 - 2:00 pm * AB ATTACK with Rob 200+ CAL	4:30 - 5:15 pm * BEGINNER STEP with Renata 300+ CAL	1:45 - 2:45 pm * DYNAMIC HATHA II with Kate 300+ CAL	
5:30 - 6:30 pm * BOXING with Dexter 800-1000 CAL	1:45 - 2:30 pm * CROSS TRAINER, STEP INTERVAL with Anna 600-800 CAL	1:45 - 2:00 pm * POWER YOGA with Lori 400-600 CAL	5:15 - 5:30 pm * SIMPLY WEIGHTS with Renata 300+ CAL	4:30 - 5:45 pm * IRON POWER YOGA with Rob 300+ CAL	
6:30 - 7:30 pm * BURN & FIRM with Garth 600-800+ CAL	4:45 - 5:30 pm * BOOT CAMP with Lori 600-800 CAL	4:45 - 6 pm * POWER YOGA with Lori 400-600 CAL	5:30 - 6 pm * FAST, FIT, FABULOUS with Alix 400-600+ CAL	5:15 - 6 pm * LET'S DANCE! with Alix 400-600+ CAL	
	5:10 - 5:30 pm * AB BLAST with Alix 300+ CAL	5:30 - 6:30 pm * FREESTYLE KICKBOXING with Dexter 800-1000 CAL	5:30 - 6:30 pm * DEEP STRETCH with Renata 300+ CAL		
	5:30 - 6:15 pm * POWER INTERVAL SUPREME with Alix 600-800 CAL		6 - 6:30 pm * AB BLAST with Claire 300+ CAL		
	5:30 - 6:15 pm * CARDIO KICK with Lori 400-600 CAL		6:30 - 8 pm * ASHTANGA YOGA II with Ian 400-600 CAL		
	6:15 - 7:15 pm * BOOTY BEAT with Alix 400-600 CAL		6:30 - 7:15 pm * SUPER SCULPT with Claire 400-600 CAL		
	6:30 - 8 pm * HATHA YOGA II with Ian 400-600 CAL				

Sunday

10 - 10:50 am *
STEP & SCULPT
with Gary 400-600 CAL

11 am - 12:30 pm *
HATHA YOGA II
with Ian 400-600 CAL

STUDIO GUIDE:

- * Original Studio
- Yoga Studio
- Online sign up required at adelaideclub.com contact patsy@adelaideclub.com for access

LEVELS OF INTENSITY:

Level I
gentle/beginners

Level II
moderate/intermediate

Level III
vigorous/advanced

No Level Indication
appropriate for all levels

CLASS CHANGES & ADDITIONS:

Indicated in RED

PLEASE NOTE: Classes geared towards building muscle strength might be lower calories burned during the class, but as you increase muscle, you increase your resting metabolic rate and burn more calories throughout the day and at rest!

PLEASE ADVISE your instructor at the beginning of class if you are pregnant or have injuries/concerns.

RECEIVE REGULAR GROUP EX UPDATES:
email patsy@adelaideclub.com
subject add to group mail

CLASS DESCRIPTIONS:
Visit adelaideclub.com