

Paramount Sports Complex ~ March 2010 ~ **JUNIOR MEMBERS** Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Check out our new Jr. intro classes to Step, Spin, Pilates and Yoga!!</p>	<p>1 New Time: 6:15pm Jab Attack–Stephanie (B) 5:30pm Kids Zumba (6-8yr olds) – Greta (A)* fee 6:15pm Muscle Pump–Tina (BB) 6:20pm Kids Zumba (9-12 yr olds) – Greta (A)* fee New Time: 7pm Yoga – Stephanie (B) 7:15pm Deep Stretch – Kim (A)</p>	<p>2 7:15pm Pilates – Laura (A)</p>	<p>3 5:30pm Spin Intro - Sue (cycling room) 6pm Jab Attack – Ruth (B) 6:15pm Muscle Pump – Tina (A) 7pm Yoga – Sue (B) 7:15pm Kids Zumba (9-12 yr olds) – Greta (A)* fee</p>	<p>4 7:15pm Pilates– Sue (A) Thursday Nights starting March 11 from 7:15-8:15pm - <u>Weight Lifting 101 for kids 10-14!</u> Learn the basics to lifting in this 8 week specialty session! \$25 fee (member) \$65 (non-member). Sign up at the front desk.</p>	<p>5</p>	<p>6 <u>9am</u> Jab Attack - Stephanie (B)</p>
7	<p>8 New Time: 6:15pm Jab Attack–Stephanie (B) 5:30pm Kids Zumba (6-8yr olds) – Greta (A)* fee 6:15pm Muscle Pump–Tina (BB) 6:20pm Kids Zumba (9-12 yr olds) – Greta (A)* fee New Time: 7pm Yoga – Stephanie (B) 7:15pm Deep Stretch – Kim (A)</p>	<p>9 7:15pm Pilates – Laura (A)</p>	<p>10 5:30pm Spin Intro - Marianne (cycling room) 6pm Jab Attack – Ruth (B) 6:15pm Muscle Pump – Tina (A) 7pm Yoga – Stephanie (B) 7:15pm Kids Zumba (9-12 yr olds) – Greta (A)* fee</p>	<p>11 5:30pm Step Intro - Trish (A) 7:15pm Pilates– Sue (A) 7:15-8:15pm - <u>Weight Lifting 101 for kids 10-14!</u> 8 week session for a fee of \$25 (member) \$65 (nonmember).</p>	12	<p>13 10am Fitness Fun! - Kathie H (A) 45 minutes of fun fitness moves - to include cardio and strength drills.</p>
14	<p>15 New Time: 6:15pm Jab Attack–Stephanie (B) 5:30pm Kids Zumba (6-8yr olds) – Greta (A)* fee 6:15pm Muscle Pump–Tina (BB) 6:20pm Kids Zumba (9-12 yr olds) – Greta (A)* fee New Time: 7pm Yoga – Stephanie (B) 7:15pm Deep Stretch – Kim (A)</p>	<p>16 7:15pm Pilates – TBA (A)</p>	<p>17 5:30pm Pilates Intro - Sue (A) 6pm Jab Attack – Ruth (B) 6:15pm Muscle Pump – Tina (A) 7pm Yoga – Sue (B) 7:15pm Kids Zumba (9-12 yr olds) – Greta (A)* fee</p>	<p>18 7:15pm Pilates– Sue (A) 7:15-8:15pm - <u>Weight Lifting 101 for kids 10-14!</u> 8 week session for a fee.</p>	19	<p>20 <u>9am</u> Turbo Kick – Amy W (A)</p>
21	<p>22 New Time: 6:15pm Jab Attack–Stephanie (B) 5:30pm Kids Zumba (6-8yr olds) – Greta (A)* fee 6:15pm Muscle Pump–Tina (BB) 6:20pm Kids Zumba (9-12 yr olds) – Greta (A)* fee New Time: 7pm Yoga – Stephanie (B) 7:15pm Deep Stretch – Kim (A)</p>	<p>23 7:15pm Pilates – Sue (A)</p>	<p>24 5:30pm Spin Intro - Marianne(cycling room) 6pm Jab Attack – Ruth (B) 6:15pm Muscle Pump – Tina (A) 7pm Yoga – Stephanie (B) 7:15pm Kids Zumba (9-12 yr olds) – Greta (A)* fee</p>	<p>25 5:30pm Step Intro - Trish (A) 7:15pm Pilates– Michelle (A) 7:15-8:15pm - <u>Weight Lifting 101 for kids 10-14!</u> 8 week session for a fee.</p>	26	<p>27 10am Fitness Fun! - Kathie H (A) 45 minutes of fun fitness moves - to include cardio and strength drills.</p>
28	<p>29 New Time: 6:15pm Jab Attack–Stephanie (B) 5:30pm Kids Zumba (6-8yr olds) – Greta (A)* fee 6:15pm Muscle Pump–Tina (BB) 6:20pm Kids Zumba (9-12 yr olds) – Greta (A)* fee New Time: 7pm Yoga – Stephanie (B) 7:15pm Deep Stretch – Kim (A)</p>	<p>30 7:15pm Pilates – TBA (A)</p>	<p>31 5:30pm Yoga Intro - Sue (A) 6pm Jab Attack – Ruth (B) 6:15pm Muscle Pump – Tina (A) 7pm Yoga – Sue (B) 7:15pm Kids Zumba (9-12 yr olds) – Greta (A)* fee</p>	<p>Parents: we've considered safety, music content and body moves when determining which classes are appropriate for our junior members. All spin classes are approved for jr. members to attend, just be sure they receive proper instruction on bike set up (check out our indoor cycling schedule for our regular classes) . Regular Zumba classes are for 13+. Please attend classes with your children. Staff is available to assist with your questions or needs. Just ask at the front desk.</p>		

Schedule subject to change – check the Bulletin Board at the bottom of the ramp, just outside the fitness center doors, for changes/additions.

Class Location Key: **A= Studio A** on Fitness Center side of the building ~ **B= Studio B-** located on gymnastics side of the building ~ **G=** Class held in the Fitness Center/Gym ~ **BB=** basketball courts.

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