


Paramount Sports Complex ~ February 2012 ~ Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER SESSIONS ARE BEING OFFERED THIS MONTH!!! Check out the schedule! Class Location Key: A= Studio A on Fitness Center side of the building ~ B= Studio B- located on gymnastics side of the building ~ FC = Class held in the Fitness Center ~ BB = basketball courts. Junior Members are permitted in approved classes as noted on the schedule by a (JM). Junior Members must be accompanied by a parent at all times in the Fitness Center and in fitness classes. For the safety of your children, make sure they are trained properly on the gym equipment.			1 5:45am Total Body Sculpt – Kristen(A) 9:15am Dance Party! plus Strength – Kathie (A) 10:15am CXWORX™ – Tina (BB) 4:30pm Step Toning – Erin (A) 5:30pm Zumba (for BEGINNERS) – Ashley (A) 6pm ZUMBA – Gemma (BB) 6:15pm Step Plus – Trish (A) 7:15pm CXWORX™ – Tina (BB)	2 5:15am Spice It Up! – Kathie H (A) 9:15am: Jab Attack – Deb (B) 5:25pm CXWORX™ - Wendy (BB) 6pm ZUMBA – Greta (BB) 6:15pm Muscle Pump – Tina (A)(JM) 7:15pm-8:15pm: Yoga – Stephanie (A)	3 5am Gym Machine Circuit - Kris 9:15am ZUMBA – Gemma (BB) 9:15am Muscle Pump – Tina (A) 10:15am CXWORX™ – Tina (BB) 4:30pm Step Toning – Erin (A)	4 8:15am ZUMBA – Greta (BB) 8:15am Beginner Jab – Stephanie (B) 8:15am – Turbo Kick – Amy (A) 9:15am CXWORX™ – Tina (BB) 9:15am ZUMBA (for BEGINNERS) – Greta (B)
5 NEW Location: 11:15am Zumba (A) Ashley	6 5am Step – Wendy (A) 5:45am CXWORX™ – Wendy (A) 9:15am ZUMBA – Gemma (BB) 9:15am Step Plus – Deb (A) 10:15am CXWORX™ – Deb (BB) 5:15pm Beginner Step – Lynn (A) 6pm ZUMBA – Ashley (BB) 6:15pm Jab Attack – Stephanie (B)(JM) 7:15pm Fire & Ice – Kim (B) 7:15pm CXWORX™ – Tina (A) 8pm GYM 101 – Tina (FC)	7 5:15am Step Plus – Kathie H (A) 9:15am Gym Machine Circuit (90 min) – Kim (FC) NEW Location:5:25pm CXWORX™ – Greta (A) 6pm ZUMBA – Greta (BB) 6:15pm Step Toning – Stephanie (A) NEW 7:15pm Beginner Yoga - Stephanie	8 5:45am Total Body Sculpt – Kristen(A) 9:15am Dance Party! plus Strength – Kathie (A) 10:15am CXWORX™ – Tina (BB) 4:30pm Step Toning – Erin (A) 5:30pm Zumba (for BEGINNERS) – Ashley (A) 6pm ZUMBA – Gemma (BB) 6:15pm Step Plus – Trish (A) 7:15pm CXWORX™ – Brian (BB)	9 5:15am Spice It Up! – Kathie H (A) 9:15am: Jab Attack – Deb (B) 5:25pm CXWORX™ - Wendy (BB) 6pm ZUMBA – Greta (BB) 6:15pm Muscle Pump – Tina (A)(JM) 7:15pm-8:15pm: Yoga – Stephanie (A)	10 5am Gym Machine Circuit - Kris 9:15am ZUMBA – Gemma (BB) 9:15am Balls, Bars, Bands – Trish (A) 10:15am CXWORX™ – Tina (BB) 4:30pm Step Toning – Erin (A)	
12 NEW Location: 3:15pm Zumba (A) Gemma	13 5am Step – Wendy (A) 5:45am CXWORX™ – Wendy (A) 9:15am ZUMBA – Gemma (BB) 9:15am Step Plus – Deb (A) 10:15am CXWORX™ – Deb (BB) 6pm ZUMBA (BB) Greta 6:15pm Muscle Pump – Tina (A)(JM) 7:15pm-8:15pm Yoga Stretch Fusion – Kim (B) 7:15pm CXWORX™ – Tina (A)	14 5:15am Step Plus – Kathie H (A) 9:15am Gym Machine Circuit (90 min) – Kim (FC) NEW Location:5:25pm CXWORX™ – Greta (A) 6pm ZUMBA – Gemma (BB) 6:15pm Balls, Bar & Bands – Trish (A) 7:15pm Pilates on the Ball - Sue (A)	15 5:45am Total Body Sculpt – Kristen(A) 9:15am Dance Party! plus Strength – Kathie (A) 10:15am CXWORX™ – Tina (BB) 4:30pm Step Toning – Erin (A) 6pm ZUMBA – Greta (BB) 6:15pm Step Plus – Trish (A) NEW Location 7:15pm CXWORX™ – Brian (A)	16 5:15am Spice It Up! – Kathie H (A) 9:15am: Jab Attack – Deb (B) 5:25pm CXWORX™ - Wendy (BB) 6pm ZUMBA – Gemma (BB) 6:15pm Muscle Pump – Tina (A)(JM) 7:15pm-8:15pm: Yoga – Stephanie (A)	17 5am Gym Machine Circuit - Kris 9:15am ZUMBA – Gemma (BB) 9:15am Muscle Pump – Tina (A) 10:15am CXWORX™ – Tina (BB) 4:30pm Step Toning – Erin (A)	
19 NEW Location: 11:15am Zumba (A) Ashley	20 5am Step – Wendy (A) 5:45am CXWORX™ – Wendy (A) 9:15am ZUMBA – Gemma (BB) 9:15am Step Pus – Deb (A) 10:15am CXWORX™ – Deb (BB) 6pm ZUMBA (BB) Ashley 6:15pm Jab Attack – Stephanie (B)(JM) 7:15pm Yoga – Stephanie (B) 7:15pm CXWORX™ – Tina (A)	21 5:15am Step Plus – Kathie H (A) 9:15am Gym Machine Circuit (90 min) – TBA (FC) NEW Location:5:25pm CXWORX™ – Greta (A) 6pm ZUMBA – Greta (BB) 6:15pm Step Toning – Stephanie (A) NEW 7:15pm Beginner Yoga - Stephanie	22 5:45am Total Body Sculpt – Kristen(A) 9:15am Dance Party! plus Strength – Kathie (A) 10:15am CXWORX™ – Tina (BB) 4:30pm Step Toning – Erin (A) 6pm ZUMBA – Gemma (BB) 6:15pm Step Plus – Trish (A) NEW Location 7:15pm CXWORX™ – Brian (A)	23 5:15am Spice It Up! – Kathie H (A) 9:15am: Jab Attack – Deb (B) 5:25pm CXWORX™ - Wendy (BB) 6pm ZUMBA – Greta (BB) 6:15pm Muscle Pump – Tina (A)(JM) 7:15pm-8:15pm: Yoga – Stephanie (A)	24 5am Gym Machine Circuit - Kris 9:15am ZUMBA – Gemma (BB) 9:15am– Kim – Cardio and Strength Stations (A) 10:15am Pilates -Sue (A) 4:30pm Step Toning – Erin (A)	
26 NEW Location: 3:15pm Zumba (A) Ashley	27 5am Step – Wendy (A) 5:45am CXWORX™ – Wendy (A) 9:15am ZUMBA – Gemma (BB) 9:15am Step Plus – Deb (A) 10:15am CXWORX™ – Deb (BB) 6pm ZUMBA (BB) Ashley 6:15pm Jab Attack – Stephanie (B)(JM) 7:15pm – 8:15pm Yoga – Stephanie (B) 7:15pm CXWORX™ – Tina (A)	28 5:15am Step Plus – Kathie H (A) 9:15am Gym Machine Circuit (90 min) – Kim (FC) NEW Location:5:25pm CXWORX™ – Greta (A) 6pm ZUMBA – Gemma (BB) 6:15pm Balls, Bar & Bands – Kim (A) 7:15pm Pilates on the Ball - Sue (A)	29 5:45am Total Body Sculpt – Kristen(A) 9:15am Dance Party! plus Strength – Kathie (A) 10:15am CXWORX™ – Tina (BB) 4:30pm Step Toning – Erin (A) 6pm ZUMBA – Gemma (BB) 6:15pm Step Plus – Trish (A) NEW Location 7:15pm CXWORX™ – Brian (A)	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. Junior Members are permitted in approved classes as noted on the schedule by a (JM). Junior Members must be accompanied by a parent at all times in the Fitness Center and in fitness classes. For the safety of your children, make sure they are trained properly on the gym equipment. Gym Orientations are included with all new memberships. NOTE: ON TUESDAY'S FROM 9:15 – 10:45AM STRENGTH EQUIPMENT IN THE GYM WILL BE LIMITED DUE TO THE GYM MACHINE CIRCUIT CLASS THAT IS HELD. SORRY FOR ANY INCONVENIENCE.		
25 8:15am ZUMBA – Greta (BB) 8:15am – Jab Attack – Amy (B) 9:15am CXWORX™ – Brian (BB)						

FALL FITNESS CENTER HOURS: Monday – Friday: 5am – 9pm ~ Saturday: 8am – 5pm ~ Sunday: 11am – 5pm. **Childcare hours:** Mon – Thurs: 9am – 11am and 6pm – 8pm. Fri: 9 – 11am. Fitness Schedule subject to change – check the Bulletin Board at the bottom of the ramp, just outside the fitness center doors, for changes/additions.