



TOADAL FITNESS WEST SIDE

Class Schedule



Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:15am	Zumba™ Karinn North Room	Group Cycling with Gayle	Zumba™ Karinn North Room	Group Cycling with Bill			
7:00am	Bootcamp Bill South Room		Bootcamp Bill South Room				
9:00am		Group Cycling with Iris 9:15am	“Fit in 30” Zumba Circuit Training with Bono	Group Cycling with Iris 9:15am	“Fit in 30” Zumba Circuit Training with Bono	Group Cycling with Gayle	
9:15am	Zumba™ with John P North Room	Zumba™ Rachel North Room	Zumba™ with John P North Room	Zumba™ Rachel North Room	Zumba™ with John P North Room		
9:15am	Pilates with Alli South Room	Bootcamp John M South Room	Pilates with Alli South Room	Bootcamp John M South Room	Bootcamp John M South Room		Zumba training with Bonno 9:30am North Room
10:30am	Cardio Muscle with Alli North Room		Cardio Muscle with Alli North Room		Pilates with Alli North Room	Zumba™ with Karinn 10:00am North Room	Zumba™ with Bonno 10:00am North Room
10:30am	Yoga Wendy South Room	Yoga Roxanne South Room	Yoga Shanie South Room	Yoga Roxanne South Room	Yoga Shanie South Room	Gentle Yoga with Rhonda 11:00am North Room	Yoga Shanie 11:45am North Room
5:30pm	Group Cycling with Lisa		Group Cycling with Lisa	Family Zumba Bonno 4:30pm Bring your kids!			
5:30pm	Bootcamp John M South Room	Yoga Shanie South Room	Bootcamp John M South Room	Yoga Shanie South Room			
5:30pm	Capoeira (kids)	Cardio Kick with Lorrie North Room	Capoeira (kids)	Cardio Kick with Lorrie North Room	Zumba™ Karinn North Room		
6:30pm	Zumba™ Cheryl & Terry North Room	Zumba™ Karinn North Room	Zumba™ Cheryl & Terry North Room	Zumba™ John P North Room			
6:30pm	Yoga Patrick South Room		Yoga Shanie South Room				UPDATED 5/9/12

CLUB HOURS: Mon-Thurs 6am–9pm, Fri 6am-8pm, Sat & Sun 8am-4pm

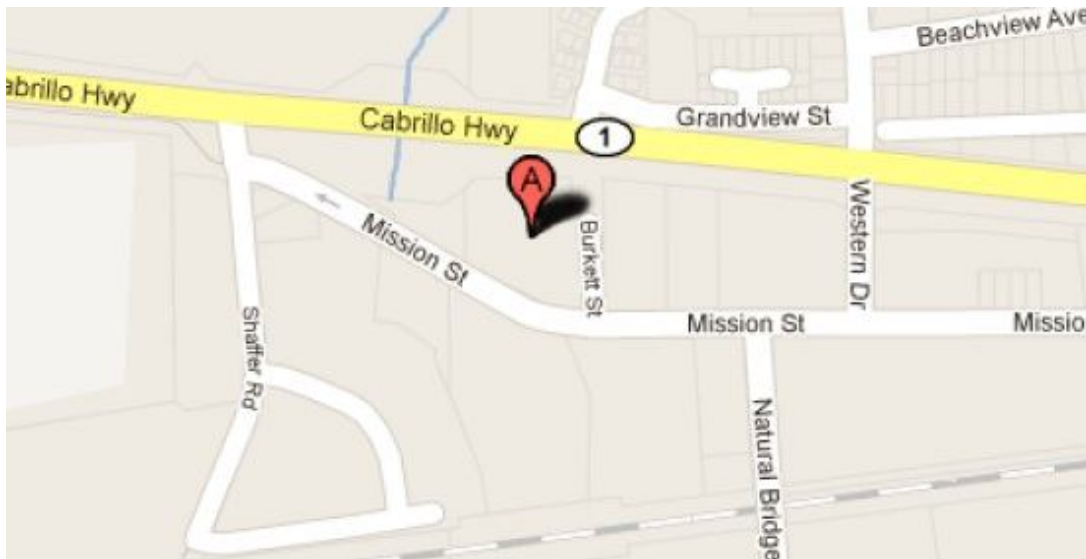
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Class Descriptions



Cardio Muscle	Enjoy the class that invites all levels to experience your body through balance, strength, flexibility, endurance, cardio and safe instruction. Are you ready to enjoy muscle confusion? Give it a try we think your body will love it. This class is all levels, but is geared towards getting you in great shape fast.
“Fit in 30” Circuit Training	This class is designed to have you work out with one of our instructors to learn the basics to fitness in a group setting using resistant training machines.
Group cycling	This class is the perfect way to stay motivated while getting a great cardio workout! Great music, fun instructors, and a friendly group setting will get you coming back! Oh and by the way, your legs will thank you later!
Bootcamp	Bootcamp is an all levels class that includes: Cardio, calisthenics, plyometrics, martial arts, drills and lots of abs. It's a full body workout that you will appreciate even for a few days there after :)
Pilates	With an emphasis on strengthening the body's core (hips, abdominal, lower back, glutes); Pilates will give you the lean abs you desire while reducing back pains and improving posture.
Cardio Kick	This class is a combination of intense cardio vascular workout and weight training that are choreographed to motivating music. This is a great cardiovascular challenge that is a unique blend of intense interval strength/endurance training ending with a relaxing cool down. No previous kickboxing experience required; just the desire to have a great time!
Yoga	Energy Flows contain systematic sequences of flowing and sustained postures, synchronized with rhythmical breathing to increase flexibility, strength, concentration and relaxation.
*TXT (Toadal Cross Training)	* extra monthly fee required A 45 minute class that will increase your strength, reduce the risk of injuries, improve flexibility, reduce body fat and increase your confidence. All of this in a fun and safe environment!
Zumba™	Zumba™ is a fusion of Latin and international music combined with dance fitness moves to create a dynamic and effective cardiovascular and toning workout. Get a fun taste of meringue, salsa, flamenco, samba, tango, & reggae.



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