



TOADAL FITNESS Live Oak

Class Schedule



Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30am	<u>Group Cycling</u> Lisa		<u>Group Cycling</u> Lisa		<u>Group Cycling</u> Lisa		
7:00am		Early bird Bootcamp Victo		Early Bird Bootcamp Victor			
8:00am	Shan ti/ Chi gong Sithan "NEW"		Shan ti/ Chi gong Sithan "NEW"			Early Bird Bootcamp John	
9:00am	<u>Bootcamp X</u> Demetreus	<u>Zumba</u> Desiree	<u>Bootcamp X</u> John Starting 4/4/12	<u>Zumba</u> Desiree	<u>Bootcamp X</u> Demetreus	<u>Group Cycling</u> Lisa	
9:15am		<u>Group Cycling-</u> Lisa		<u>Group Cycling</u> Lisa		<u>Group Cycling</u> Korrine 10am	<u>Zumba</u> Terry and Cheryl
10:00am	<u>Bootcamp X</u> Demetreus	<u>Cardio muscle</u> meets Spin/ 20/20/20 Alli	Basic Zumba Mitch	<u>Cardio muscle</u> meets Spin/ 20/20/20 Alli	<u>Bootcamp X</u> Demetreus	<u>Zumba</u> Elizabeth	
10:30am	<u>Yoga</u> All Levels Brittany	<u>Yoga</u> All Levels Wendy N	<u>Yoga</u> All Levels Brittany	<u>Yoga</u> All Levels Daniela	<u>Yoga</u> All Levels Wendy K	Introduction to Yoga Daniela	<u>Yoga</u> Daniela Yoga Studio
11:45AM & 12:00PM	<u>Group Pilates</u> Reformers (\$) 12:00pm	Silver Sneakers Alli 6/2/2012	<u>Group Pilates</u> Reformers (\$) 12:00pm	Silver Sneakers Alli 6/2/2012	<u>Group Pilates</u> Reformers (\$) 12:00pm	<u>Yoga</u> Daniela Yoga Studio 11:45am	<u>Yoga</u> Daniela Yoga Studio 11:45am
3:30pm		<u>Fit Lite meets</u> <u>cardio muscle</u> Alli		<u>Fit lite meets</u> <u>Cardio muscle</u> Alli			
5:30pm	Cardio muscle meets Spin (20/20/20) Alli	Introduction to Pilates Donna	Cardio Muscle meets spin (20/20/20) Alli	Pilates Level 1 Donna			
5:30pm	<u>Group Pilates</u> Reformers (\$)	<u>Cardio Bootcamp</u> X Demetreus	<u>Group Pilates</u> Reformers (\$)	<u>Cardio Bootcamp</u> X Demetreus	<u>Group Pilates</u> Reformers (\$)		
6:30PM	10 Minute abs Alli	<u>Spin</u> Korrine	10 Minute abs Alli	<u>Spin</u> Korrine			
6:30pm	<u>Pilates Mat</u> Int/Adv Christy Level 2/ 3	<u>Yoga</u> Sarah Yoga Studio	<u>Pilates Mat</u> Int/Adv Christy Level 2/ 3	<u>Yoga</u> Daniela Yoga Studio			
6:45pm	<u>Zumba</u> "Cardio Party" Jody	<u>Zumba</u> Cheryl and Terry	<u>Zumba</u> "Cardio Party" Jody	<u>Zumba</u> Cheryl and Terry	<u>Zumba</u> Elizabeth 6:00pm		
7:30pm	<u>Yoga</u> All levels Daniela	<u>Capoiera</u> Tony 7:50PM	<u>Yoga</u> All levels Daniela	<u>Capoiera</u> Tony 7:50PM			

**Now, Even
More classes
2012!!!**



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 Lite meets cardio muscle	This class is great if you want a group class but are just getting started. This class is also good for pre and post natal and anyone who wants to have fun and sweat. This class is also great for the advanced athletes because all moves are scalable to your custom needs.
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 X	Bootcamp is an all levels class that includes: Cardio, calisthenics, plyometrics, martial art 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.
Kickbox circuit	This class is a combination of cardiovascular and weight training. This is a great class if you like lot's of variety and want to get in great shape. 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, you get to enjoy this in our Yoga studio without the extra cost.
Cardio muscle meets spin (20/20/20)	This class is the best of all worlds, a blend of bootcamp, functional fitness, cardio endurance with spinning, even flexibility and high intense training. If you are looking to get in great shape, no need to look any further. We found your answer.
Shant Ti/ Chi Gong	Viewed as the practice to cultivate balance, which aligns breath, movement and awareness for exercise and healing. Sensei Pat will guide you through these great movements.
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.
Capoeira	Capoeira basics is an introduction to the movements, positions, exercises, and language of capoeira. Students of all ages, skill and fitness levels will benefit greatly from this class. You will prepare your body to play the game of Capoeira; an Afro-Brazilian Martial Art which incorporates Dance, Music and Acrobatics. We emphasize engaging our bodies and minds as one, while improving Core Strength, Balance, Flexibility and coordination.

Toadal Fitness Live Oak

CLUB HOURS: Mon-Thurs 5:30am-9:30pm, Fri 5:30am-8:30pm, Sat & Sun 8am-7pm

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