

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>Open House 1</b> <b>Try Us for FREE!</b> 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 11 a.m. - Circuit Sculpt Noon - Spin 1 p.m. - R.I.P.P.E.D.	<b>2</b> 8:30 a.m. - Circuit Sculpt 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga 5:30 p.m. - Boot Camp	<b>3</b> 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m. - Core Cycle 6:30 p.m. - Ballroom Dancing	<b>4</b> 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga 5:30 p.m. - Boot Camp	<b>5</b> 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba	<b>6</b> 10 a.m. - Kids Boot Camp 10 a.m. - Boot Camp	
<b>7</b> 2 p.m. - Cardio Mashup	<b>8</b> 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m. - Spin Class 5:30 p.m. - R.I.P.P.E.D.	<b>9</b> 8:30 a.m. - Circuit Sculpt 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga 5:30 p.m. - Boot Camp	<b>10</b> 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m. - Core Cycle 6:30 p.m. - Ballroom Dancing	<b>11</b> 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga 5:30 p.m. - Boot Camp	<b>12</b> 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba	<b>13</b> 10 a.m. - Kids Boot Camp 10 a.m. - Boot Camp	
<b>14</b> 2 p.m. - Cardio Mashup	<b>15</b> 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m. - Spin Class 5:30 p.m. - R.I.P.P.E.D.	<b>16</b> 8:30 a.m. - Circuit Sculpt 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga 5:30 p.m. - Boot Camp	<b>17</b> 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m. - Core Cycle 6:30 p.m. - Ballroom Dancing	<b>18</b> 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga 5:30 p.m. - Boot Camp	<b>19</b> 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba	<b>20</b> 10 a.m. - Kids Boot Camp 10 a.m. - Boot Camp	
<b>21</b> 2 p.m. - Cardio Mashup	<b>22</b> 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m. - Spin Class 5:30 p.m. - R.I.P.P.E.D.	<b>23</b> 8:30 a.m. - Circuit Sculpt 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga 5:30 p.m. - Boot Camp	<b>24</b> 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m. - Core Cycle 6:30 p.m. - Ballroom Dancing	<b>25</b> 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga 5:30 p.m. - Boot Camp	<b>26</b> 9 a.m. - Pilates 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba	<b>27</b> 10 a.m. - Kids Boot Camp 10 a.m. - Boot Camp	
<b>28</b>	<b>CLOSED</b>	<b>29</b> 8:30 a.m. - Circuit Sculpt 5:30 p.m. - Cardio Tone 5:30 p.m. - Yoga 5:30 p.m. - Boot Camp	<b>30</b> 9:15 a.m. - Sculpt & Tone in 30 10 a.m. - Zumba 5:30 p.m. - Core Cycle 6:30 p.m. - Ballroom Dancing	<b>Hours of Operation</b> <b>Mon. - Thurs.</b> <b>5:30 a.m. - 10:00 p.m.</b> <b>Fri. 5:30 a.m. - 7 p.m.</b> <b>Sat. 8 a.m. - 4 p.m.</b> <b>Sun. 1- 6 p.m.</b>			<b>(606) 324-0339</b> <small>Schedule subject to change.</small> <b>Membership rates start at \$30 per month!</b>

# Class Descriptions

**Beginning Ballroom Dancing/Ballroom Dancing\*** - Dust off those dancing shoes! This class is a mix of everything ballroom. Learn all the popular dances from the cha-cha to the waltz. The class is \$10 per person, \$15 per couple. Prices are identical for both the regular and the beginner's classes. For more info concerning this class, contact Dianne Coriell at (740) 352-2723.

**Cardio Mashup** - A mix of cardio favorites packed into a one hour class, including Zumba, Cardio Toning, Kickboxing and RIPPED.

**Cardio Tone** - The ultimate toning and cardio workout choreographed to upbeat music that will blast fat and strengthen the entire body.

**Circuit Sculpt** - Burn and firm trouble areas in this total body circuit workout that targets multiple muscle groups including abs to define and sculpt. This circuit style workout utilizes four key exercises, performing each of the four moves for 30-45 seconds, making one complete round. Repeat that round again then move on to the next one.

**Core Cycle** - High intensity cycling as participants pedal through varying resistances and hill climbs for 30 to 45 minutes. Afterwards, 10 minutes of core strengthening exercises target the abdominals and lower back.

**Firm Fitness Bootcamp** - A fully functional total body fitness program that incorporates cardio, weights, and resistance training performed with tires, ropes, free weights, pull up bars and other unconventional exercise equipment.

**Firm Fitness Kids Bootcamp** - Designed for children ages 5 to 12, Kids Boot Camp incorporates basic physical fitness principles to motivate and engage children to learn healthy habits in a fun and safe environment. The class is free for children of Firm Fitness members and \$5 per class for children of non-members.

**Pilates** - Creates long, lean muscles while enhancing strength, flexibility and balance. This class is suitable for any fitness level.

**R.I.P.P.E.D.** - Get R.I.P.P.E.D. experiencing this total-body, plateau-proof fitness formula. The class combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

**Sculpt & Tone in 30** - This class will help improve the strength of all major muscle groups. Dumbbells, resistant bands and various other toning equipment will be used for full body sculpting and toning in just 30 minutes.

**Spin** - An extreme calorie burning class that offers high energy stationary bike workouts that enhance cardio endurance and muscular strength.

**Yoga** - Become stronger physically and mentally! Yoga is both exhilarating and relaxing...the complete exercise program.

**Zumba** - When people witness a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating!

**For questions, call (606) 324-0339**

*\*All classes are free with Firm Fitness membership with the exception of Ballroom Dancing.*