

shorelinefitness

Life in Balance

Clinton Schedule-Effective 1/2/2012

141 W. Main Street

Clinton, CT 06413

ph: 860-669-9456

www.shorelinefitness.com

Club Hours

Mon-Thur: 4:30am - 9:30pm

Friday: 4:30am - 8:30pm

Saturday: 6:00am - 6:00pm

Sunday: 6:00am - 5:00pm

Childcare Hours

Mon & Wed: 7:45am-1:00pm

4:00pm-7:30pm

Tues & Thur: 7:45am-11:45am

5:15pm-7:30pm

Fri: 7:45am-1:00pm

5:00pm-7:00pm

Sat: 6:45am-12:15pm

Sun: 7:45am-11:45am

Weekday Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM	COMBAT XPRESS Michelle	XTRAIN Heather/Diane	COMBAT XPRESS Michelle	PUMP Michelle	Freestyle Step Sherry		
5:30 AM	SPIN Kristin		SPIN Kristin	SPIN Mark	SPIN Kristin		
6:00 AM	PUMP XPRESS Michelle		FLOW XPRESS Michelle				
7:00 AM						SPIN Heather	
7:00 AM						FLOW Michelle	
8:00 AM	ZUMBA Marylou	MUSCLE SHAPE Sherry	FIT COMBO Michelle	CARDIO COMBO Sherry	FLOW Tracy	FREESTYLE STEP Barb/Kim	SPIN Holly
8:00 AM		SPIN Andrea	SPIN Andrea	SPIN Diane/Barb			PUMP Sherry
8:00 AM	<i>*Classic Pilates Mat*</i> Paula		<i>*Pilates Trio-Int*</i> Kristine	<i>*Pilates Reformer*</i> Paula	<i>*Pilates Trio*</i> Paula	<i>*PILATES MAT*</i> Paula	
8:15 AM						RPM Tamora	<i>*Pilates Fusion*</i> Dana
9:15 AM	BODYSTEP Sherry/ Marylou	FREESTYLE STEP Sherry	PUMP Sue	JAM Becky	CARDIO STRENGTH FUSION Holly	PUMP Tracy	COMBAT Heather
9:15 AM		<i>*Pilates Reformer-Int*</i> Kristine		<i>*Pilates Trio-Int*</i> Kristine	<i>*Pilates Fusion*</i> Dana	<i>*Pilates Trio*</i> Kristine	
9:30 AM	SPIN Sue	RPM Kevin	SPIN Marylou	SPIN Tracy	SPIN Diane S	SPIN 1 1/2 HR Emily	SPIN Dana
10:30 AM	PUMP Diane R	COMBAT Michelle	BODYSTEP Heather	BOOTCAMP Athena	COMBAT Michelle	ZUMBA Becky	JAM Sara
11:30 AM			CORE (15 min.) Paula				FLOW Lauri
12:00 PM	FLOW Michelle	PUMP Kristine		PUMP Diane R	BODYSTEP Michelle/Marylou		
4:15 PM	ZUMBA Allison/Paula		PUMP Barb				
4:30 PM			<i>*Pilates Trio*</i> Paula				
5:15 PM					PUMP Ray		
5:30 PM	BODYSTEP Kim	PUMP Michelle	ZUMBA Cristen	COMBAT Cecilia			
5:30 PM		SPIN Ron		SPIN Heather			
5:30 PM				<i>*Pilates Fusion*</i> Dana			
6:00 PM	RPM Tamora		SPIN Emily				
6:00 PM	<i>*Pilates Reformer*</i> Paula						
6:30 PM	PUMP Barb	FLOW Michelle		PUMP Cecilia			

BODYCOMBAT: A class that combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, tai chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it is a great cardiovascular workout that is all out fun!

BODYFLOW: A class that reinforces flexibility and strength and combines the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st century. BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.

BODYJAM: Some of the world's top dance choreographers update BODYJAM every 3 months to guarantee a funky blend of cardiovascular fitness and urban culture. A great way to get the maximum fun out of your workout to the sounds of modern dance music.

BODYPUMP: A rapid fat burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by the University of Auckland as providing the fastest body fat loss of any fitness class!

BODYSTEP: The ultimate way to give your body a high energy cardio blast while toning your hips and thighs. With over 2,000 steps per session you'll see results in record time. Get in shape with one of the best fitness classes the world has to offer!

RPM: Take the ultimate RIDE!!! RPM incorporates cycling, choreography and motivational coaching to give you a completely safe, aerobic adrenaline ride. Get in the zone and find out why RPM is so addictive!

FREESTYLE STEP: A powerful cardiovascular workout using an adjustable platform. Expect to see explosive movements, coupled with freestyle step combinations choreographed by your Shoreline Fitness instructor.

MUSCLE SHAPE: A total body strength and conditioning workout using various props, such as free weights, tubing, bands or steps. The class is designed to build muscular strength and endurance.

FIT COMBO: A fun workout for all ages, shapes, sizes and fitness levels. Build strength and cardio fitness in one workout! Simple choreography designed for a low impact workout with an option to use hand held weights.

SPINNING: Bring the road indoors in this exciting, motivating indoor cycling class to music. Burn mega calories during this awesome cardio workout on the bike.

X TRAIN: The ultimate cross training workout. Strong powerful cardio moves combines with powerful strength training will get you into shape in record speed! You will experience anaerobic jumps as well as strength challenges. You will be using various props such as platforms, dumbbells, medicine balls, kettle bells and most importantly your own body weight to get into tip top shape! Take the X TRAIN challenge!!

CARDIO STRENGTH FUSION: Variable intensity training meets metabolic resistance training in a powerful and uniquely balanced blend of cardio and strength. This class format utilizes step, free weights, and a variety of resistance equipment to meet a range of fitness needs!

ZUMBA: Shake your workout up with this Latin inspired dance workout! The Zumba experience will shake the pounds off while teaching you hot new dance moves! Come join the party and find out why ZUMBA is the hottest new fitness trend!!

PILATES CLASS FOR A CAUSE: An all levels Pilates Mat Class Everything starts with consisting of continual flowing Classical Pilates Mat work. A great way to get introduced to Pilates. Beginners welcome. Held in the Pilates Studio. A food donation for the food bank is encouraged.

CORE: Target and challenge the core in this 15 minute dynamic workout. You will learn how to effectively strengthen the core using proper form and technique based on Pilates principals.

ADDITIONAL FEE CLASSES

ELITE KICKBOXING: Master Martial Arts Trainer Tony Pinto will coach you through an intensely powerful bag workout. This class incorporates several martial arts techniques including kickboxing, boxing, muai tai, karate, and tae kwan do. This class will rock your world! Held in the Kickboxing Studio in Old Saybrook.

TRX BOOTCAMP: Experience how suspension training can transform your body. Combining strength training, cardio activity, flexibility, music, and motivation to give you a fitness experience unlike any other. From the elite level athlete seeking an edge, to the recreational fitness enthusiast looking to increase overall fitness, this class will take you to the next level.

PILATES-CLASSIC MAT W PROPS- The true essence of all Pilates work. Improve core strength, posture, balance, flexibility and form. Students use their own body weight, power circles, resistance bands, foam rollers and weights into the traditional flow of mat work for added resistance and challenge.

PILATES-GROUP REFORMER ALL LEVELS- See results FAST. Learn the basics of the reformer: The set up for your body, equipment, springs, box, foot bar, straps and personal modifications.

PILATES-GROUP REFORMER W JUMP BOARDS- This class creatively integrates reformer and mat work with the jump board attachment to elevate the heart rate while experiencing the flow of movement on the reformer. Perfect for those students who want to experience the benefit of Pilates on the reformer and cardio fat burning in one class.

PILATES-CLASSIC TRIO- The perfect blend of Reformer, Mat and Cadillac work systematically integrated into a well-rounded, challenging workout.

PILATES CLASSIC TRIO W JUMP BOARD-The ultimate Pilates workout. Students use the Reformer, Tower, Mat, Jump boards and various props in this most comprehensive, inspired class. This class will take you to the next level!