

## Old saybrook Schedule Effective 12/2/2012

210 Main Street  
 Old Saybrook, CT 06475  
 ph: 860-388-9926  
 www.shorelinefitness.com

### Club Hours

Mon-Thur: 5:00am - 9:30pm  
 Friday: 5:00am - 8:00pm  
 Saturday: 6:00am - 5:00pm  
 Sunday: 7:00am - 3:00pm

### Childcare Hours

Mon-Thur: 8:00am-11:45am  
 5:00pm-7:30pm  
 Fri: 8:00am-11:45am  
 5:00pm-7:00pm  
 Sat & Sun: 8:00am-11:30am

Weekday Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM			<b>*ELITE KICKBOXING*</b> Tony				
5:15 AM							
5:30 AM	SPIN Mike	SPIN Mark F	SPIN Chris	SPIN Mitch	SPIN Mark		
5:30 AM	<b>*TRX BOOTCAMP*</b> Zack			<b>*TRX BOOTCAMP*</b> Zack			
5:45 AM	BOOTCAMP XPRESS Joe	PUMP Mike	COMBAT Heather	PUMP Mike			
6:30 AM						SPIN Leslie	
7:00 AM							
7:30 AM							SPIN Mike
8:00 AM			<b>*TRX BOOTCAMP*</b> Mandy	<b>*Pilates Fusion*</b> Dana		SPIN 1 1/2 HR Leslie	
8:00 AM		<b>*Pilates Mat*</b> Dana					
8:00 AM	X TRAIN Heather	PUMP Leslie	X TRAIN Joe	FLOW Sue	ZUMBA John	FLOW Ron	PUMP Leslie
9:00 AM	<b>*TRX BOOTCAMP*</b> Mandy		<b>*Pilates Trio*</b> Lisa			<b>*Classic Trio*</b> Lisa	SPIN Kevin
9:00 AM			<b>*TRX BOOTCAMP*</b> Zack				
9:05 AM						PUMP Kevin	BODY STEP Kelly/Beth
9:15 AM	<b>*Pilates Reformer*</b> Lisa	<b>*Pilates Reform-Int*</b> Dana		<b>*Pilates Trio-Int*</b> Dana	<b>*Pilates Mat*</b> Kristine		
9:15 AM	BODYSTEP Heather/Sherry	JAM Becky	PUMP Sherry	COMBAT Denise	PUMP Sue		
9:30 AM	SPIN Kristine	SPIN Kati	SPIN Kevin	SPIN Sue	SPIN Kati	<b>*TRX BOOTCAMP*</b> Zack	
10:15 AM					<b>*TRX BOOTCAMP*</b> Mandy	COMBAT Heather	Flow Ron
10:20 AM	PUMP Kevin	FLOW Dana	FLOW Michelle	X TRAIN Kati	BODYSTEP Kelly		
10:30 AM	<b>*Classic Pilates Mat*</b> Lisa		<b>*Pilates Reformer*</b> Kristine		<b>*Pilates Reformer-Int*</b> Kristine		
10:30 AM	<b>*ELITE KICKBOXING*</b> Tony		<b>*ELITE KICKBOXING*</b> Tony				
12:00 PM				<b>*Pilates Mat*</b> Dana			
4:00 PM	<b>*TRX BOOTCAMP*</b> Zack						
4:30 PM		<b>*TRX BOOTCAMP*</b> Leslie					
5:15 PM			X TRAIN Kati				
5:30 PM				<b>*Pilates Trio*</b> Paula			
5:30 PM	PUMP Beth	SPIN Mark F		ZUMBA Cristen	JAM Allison		
5:30 PM	<b>*Pilates Fusion*</b> Dana	BODYSTEP Beth		<b>*TRX BOOTCAMP*</b> Leslie			
6:00 PM	SPIN Leslie		SPIN Leslie				
6:00 PM	<b>*TRX BOOTCAMP*</b> Zack		<b>*TRX BOOTCAMP*</b> Zack				
6:15 PM			PUMP Ray				
6:30 PM	<b>*Pilates Trio-Int*</b> Dana			<b>*Pilates Mat*</b> Paula			
6:30 PM	COMBAT Heather	FLOW Sue		FLOW Ron			
6:45 PM				<b>*PILATES MAT*</b> Paula			

**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 21<sup>st</sup> 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!

**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.

**BOXERS BOOT CAMP:** A kick-butt, no holds barred, boxing / boot camp workout using heavy bags, jump ropes and much more! This class will take your fitness level to the extreme! Heavy bag gloves are required for this class.

**X TRAIN:** The ultimate cross training workout. Strong powerful cardio moves combined 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!!

**R.I.P.P.E.D:** The one stop body shock!! Take a journey through all of the elements, Resistance, Intervals, Power, Plyometrics, and Endurance! This choreographed class uses dumbbells and resistance bands to blast fat and calories!! Great music and energy will keep you moving so you can get R.I.P.P.E.D.

**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.

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**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 is a major calorie burner and 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!

**PILATES CARDIO FUSION**— An innovative blend of standing Pilates, low-impact cardio & mat work. Students use bands, power circles and light hand weights to elevate the heart rate and tone the upper body. Improve lower body stability, balance, core strength & burn serious calories!