

Old saybrook Schedule Effecti 4/5/2012

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							
5:15 AM							
5:30 AM	SPIN Mike	SPIN Mark F	SPIN Chris	SPIN Mitch	SPIN Mark		
5:30 AM	<b>*BOOTCAMP*</b> Zack	<b>*BOOTCAMP*</b> Zack	<b>*BOOTCAMP*</b> Jacque	<b>*BOOTCAMP*</b> Zack			
5:45 AM		PUMP Mike	COMBAT Cecilia	PUMP Mike			
6:30 AM						SPIN Leslie	
7:00 AM						<b>*BOOTCAMP*</b> Kati	
7:30 AM							SPIN Mike
8:00 AM	<b>*BOOTCAMP*</b> Joe		<b>*BOOTCAMP*</b> Joe			SPIN 1 1/2 HR Leslie	
8:00 AM		<b>*Pilates Mat*</b> Dana		<b>*Pilates Fusion*</b> Dana			
8:00 AM	BODY ATTACK Michelle	PUMP Leslie	FIT FUSION Sherry	FLOW Sue	ZUMBA John	FLOW Ron	PUMP Leslie
8:15 AM							<b>* BOOTCAMP*</b> Adrian
9:00 AM	<b>*TRX BOOTCAMP*</b> Mandy		<b>*TRX BOOTCAMP*</b> Zack		<b>*BOOTCAMP*</b> Michelle	<b>*Classic Trio*</b> Lisa	SPIN Kevin
9:05 AM						PUMP Kevin	BODYSTEP Kelly/Beth
9:15 AM	<b>*Pilates Reformer*</b> Lisa	<b>*Pilates Reform-Int*</b> Dana	<b>* Classic Trio*</b> Lisa	<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				<b>*BOOTCAMP*</b> Kati		<b>*TRX BOOTCAMP*</b> Leslie	<b>*BOOTCAMP*</b> Alicia
9:30 AM	SPIN Kristine	SPIN Kati	SPIN Kevin	SPIN Sue	SPIN Kati		
10:15 AM					<b>* TRX BOOTCAMP*</b> Mandy	COMBAT Heather	Flow Ron
10:20 AM	PUMP Kevin	FLOW Ron	FLOW Michelle	BODYATTACK Heather	BODYSTEP Kelly		
10:30 AM	<b>*Classic Pilates Mat*</b> Lisa	SPIN Heather	<b>*Pilates Reformer*</b> Kristine		<b>*Pilates Reformer-Int*</b> Kristine		
10:30 AM	<b>*BOOTCAMP*</b> Mandy	<b>*BOOTCAMP*</b> Joe	<b>*BOOTCAMP*</b> Kati				
12:00 PM				<b>*Pilates Mat*</b> Dana			
4:00 PM							
4:30 PM	<b>*TRX BOOTCAMP*</b> Leslie	<b>*TRX BOOTCAMP*</b> Leslie					
4:30PM		<b>*Classic Trio*</b> Jenn					
5:15 PM			COMBAT Denise				
5:30 PM							
5:30 PM	PUMP Beth	SPIN Mark F		ZUMBA Cristen	JAM Allison		
5:30 PM		BODYSTEP Beth		SPIN Mark F			
5:30 PM	<b>*TRX BOOTCAMP*</b> Heather	<b>*BOOTCAMP*</b> Danielle	<b>*BOOTCAMP*</b> Kati	<b>* TRX BOOTCAMP*</b> Leslie			
6:00 PM	SPIN Leslie		SPIN Leslie				
6:00 PM	<b>*Pilates Trio-Int*</b> Dana			<b>*Pilates Mat*</b> Paula			
6:15 PM			PUMP Ray				
6:30 PM			<b>*TRX BOOTCAMP*</b> Zack	<b>*BOOTCAMP*</b> Jacque			
6:30 PM	COMBAT Heather	FLOW Sue		FLOW Ron			

**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!

**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.

**BODYATTACK™** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals! This energetic and exciting workout is fantastic for all levels of fitness!

**FIT FUSION:** Get fit with this ever changing freestyle cardio and muscle shaping combo. This fusion combo will use dumbbells, steps, and resistance bands to shape you up! Whether you are a fitness junkie or new to the workout world fit fusion will get you sweaty in no time!

**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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**EXTREME BOOTCAMP: "Train insane or remain the same"**

It's time to challenge yourself like never before! Extreme Bootcamp is the total package! It will plateau proof your body. Extreme combines strength, endurance, power, plyometric, agility and suspension training. Bootcamp workouts are intense and will push you from start to finish. We provide a constant change in workouts and use the most incredible and cutting edge equipment available. TRX, medicine balls, battling ropes, sandbags, chains, and YES those tractor tires will be among your many training tools!! The Extreme Bootcamp training team has designed a ever changing challenge that will keep your mind and body guessing and ..... WANTING MORE!!

**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!