

Group Fitness Schedule
FORTENBERRY-COLTON PFF
MARCH 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30 Zumba	8:15-9:30 Strong Bodies	8:30—9:30 Spinning	8:15-9:30 CSI	8:30-9:30 Zumba	9:00-10:00 Spinning (Mar 6)
10:00 - 10:50 Power 45 Pilates	9:00-10:15 Outdoor Walk Staff	10:00 - 10:50 Power 45 Pilates	9:00-10:15 Outdoor Walk Staff	8:30-9:30 Spinning	9:00-10:00 Spinning (Mar 13)
11:15-12:15 Spinning	9:45-10:45 Yoga	11:15-12:15 Spinning	9:45-10:45 Yoga	11:15-12:15 Spinning	9:00-10:00 Yoga (Mar 20)
3:00-4:00 Spinning	11:15-12:00 F.A.S.T.	3:30-4:30 Spinning	11:15-12:10 F.A.S.T.	4:20-4:40 Ab Lab	9:00-10:00 CSI (Mar 27)
4:40-5:00 Ab Lab	11:15-12:15 Pilates	4:40-5:00 Ab Lab	11:15 -12:15 Pilates	4:45-5:45 Spinning	11:00-11:40 Strong Bodies
5:10-6:10 Strong Bodies	3:00-4:00 Spinning	5:15-6:15 Strong Bodies	3:00-4:00 Spinning	6:00-7:00 Yoga	11:40 -12:00 AB Lab (Mar. 13 & 27)
6:15-7:15 Spinning	4:10-4:30 Ab Lab	5:10-6:00 Jump/Core (GYM)	4:30-4:50 Ab Lab		12:30-1:10 Strong Bodies
7:15-8:15 Kickboxing	5:00-6:00 Spinning	6:15-7:15 Kickboxing	5:10-6:10 Spinning		1:10-1:30 Ab Lab (Mar 6 and 20)
	6:20-7:20 Yoga	7:15-8:15 Spinning	6:20-7:20 Yoga		3:00- 5:45 Hip Hop Dance (No Class Mar 6)
	7:30-8:30 Step & Sculpt		7:30-8:30 Step & Sculpt		



TO REGISTER FOR CLASSES, CALL 255-3794. Please leave contact number.



Fitness Program Coordinator
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UPCOMING EVENTS IN MARCH

BEACH BODY BINGO STARTS MARCH 1.
POWERLIFTING COMP. 3/6
CARDIO CHALLENGE NIGHT MARCH 17
ST PATTYS 5K/10K MARCH 20

Schedule is subject to change

Our Mission Statement

The Fortenberry-Colton Physical Fitness Center is dedicated to serving the needs of our patrons by providing professional instruction, a safe, effective, well balanced and fun workout. We strive to offer a variety of classes that focus on cardiovascular conditioning, strength, flexibility training, and a bodymind awareness. We believe in promoting the general health of the individual on a personal level with all the components to make your workout an effective and enjoyable experience.

Class Descriptions

20/20/20....20 minutes of cardio step combinations. 20 minutes of cardio kick boxing engaging the whole body to work to your endurance and cardio goal. 20 minutes of strength training using various types of resistance. Resistance may utilize free weights, tubing, body bars, and resist-a-balls. Appropriate for all fitness levels.

Ab Lab....Define your waistline and increase your core stability with this effective 20 minute abdominal and back workout.

F.A.S.T. (Functional Athletic Strength Training)... Find your inner athlete with a progressive combination of strength, agility, balance and core training, utilizing kettlebells, plyometrics, medicine and stability balls. Build lean muscle, improve athletic performance and train for a healthy heart in just 45 min of your lunch break!

Hip Hop Dance...Orlando's Hip Hop class combines dance styles from different regions of the country to give it a truly unique flavor. This class will improve flexibility, endurance, and confidence on the dance floor. All routines are choreographed to fit all ages and levels, so if you love to dance and have fun this is the class for you.

Keichu Do.....An American style of Karate founded in Louisiana in 1960. The style teaches Karate, Judo, Kung Fu, self defense and weapons. Build self esteem, respect and confidence! Age limit is 7 yrs and up. Sign up at front desk in advance. Classes are a separate fee (\$35 per mo or \$8.75 per week) Sessions meet 2 days a week. Mon & Wed evenings at 7:15pm. Instructor is Master Eldrige Conley. For more info call 334-797-2617.

Outdoor Walk.....Take your fitness outside, enjoy the fresh air and some walking company! We will meet at Fortenberry-Colton PFC and head out to the Beaver Lake Trails behind the Andrews Ave PFC. The trail there is a 1.3 mile paved loop. It's shaded and very scenic! Then we head back to the gym, for a total of 4.5 miles.

Pilates...Dramatically transforms the way your body looks, feels, and performs. It builds strength without excess bulk, creating a sleek, toned body. It teaches body awareness, good posture and graceful movement. Pilates improves flexibility, agility, and economy of motion.

Spinning... Begin to make your fitness goals a reality, with no complicated moves to learn, a motivating group environment, excellent instructors, and music that begs your legs to pedal. You'll get a heart pounding yet low impact workout while maintaining the ability to go at your own pace. Training sessions will be either Interval, Endurance, Strength or All-Terrain rides. **Water bottle is required in class!** Appropriate for all fitness levels.

****If this is your first time, please come a few minutes early for proper bike set up.****

SpinCore... This combo class takes you on a 45-50 minute ride first, then spend 25-30 minutes focusing on strengthening and stabilizing your body's core (abs & back). You'll use Resist-a Balls, the BOSU, and your own body weight, to enhance functional movement and improve balance. All fitness levels welcome.

Step & SculptA low impact cardio class, uses the step bench with adjustable height. Body Sculpting incorporates dumbbells, elastic tubing, BodyBars, and Resist-a-Balls, to engage all major muscle groups and promote muscular strength and endurance. Appropriate for all fitness levels.

Strong Bodies...Work every muscle in every angle. This total body workout is designed to improve muscular strength and endurance utilizing free weights, tubing, BodyBars, and Resist-a-Balls. Appropriate for all fitness levels.

Yoga...A complete body work out; not only will you strengthen your body, but your mind as well. Our yoga practice stems from traditional Hatha Yoga integrating, mind and body, breath and awareness through body postures, movements, and asanas. Increase strength, flexibility, and muscle tone. Try it because you are curious, stick with it because you are enlightened.

Zumba....One of the hottest fitness classes sweeping the nation! Zumba is a fusion of Latin and International music—dance themes taught in easy to follow combinations for a "feel happy" workout. The class features aerobic interval training that combine fast and slow rhythms that tone and sculpt your body. All fitness levels welcome.

Class Fees

\$3 per class or \$20 per month (unlimited classes)

\$5 for one week.....\$10 for two weeks.....or \$15 for three weeks

Questions? 334.255.3794