




# Spring 2011 Whitestone Class Schedule:

Please be considerate to instructors and fellow members by showing up 15 minutes prior to class



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:30AM - 10:30AM</b> <b>STEP</b> (Carlos)	<b>9:30AM - 10:30AM</b> <b>MEGA MIX</b> (Carlos)	<b>9:30AM - 10:30AM</b> <b>ZUMBA</b>  (Linda)	<b>9:30AM - 10:30AM</b> <b>STOMP FX</b> (Liz)	<b>9:30AM - 10:30AM</b> <b>FREESTYLE</b> (Liz)	<b>9:00AM - 10:00AM</b> <b>FREESTYLE</b> (Liz)
		<b>10:30AM - 11:30AM</b> <b>POWER YOGA</b> (Andria)			<b>10:00AM - 11:00AM</b> <b>CYCLING</b> (Kristen) In studio
<b>6:00PM - 7:00PM</b> <b>CYCLING</b> (Mary Joe)	<b>6:30PM - 7:30PM</b> <b>KICK BOXING</b> (Carlos)	<b>6:00PM - 7:00PM</b> <b>CYCLING</b> (Mary Joe)	<b>6:00PM - 7:00PM</b> <b>CIRCUIT TRAINING</b> (Sia)		<b>9:30AM - 10:30AM</b> <b>ZUMBA</b>  (Nicole)
<b>6:00PM - 7:00PM</b> <b>THE GAUNTLET</b> (Lorraine)	<b>7:00PM - 8:00PM</b> <b>CYCLING</b> (Maria)	<b>6:00PM - 7:00PM</b> <b>ZUMBA</b>  (Lorraine)	<b>7:00PM - 8:00PM</b> <b>20/20/20</b> (Sia)		<b>10:30AM - 11:30AM</b> <b>VINYASA YOGA</b> (Michele)
<b>7:15PM - 8:15PM</b> <b>20/20/20</b> (Sia)	<b>7:30PM - 8:30PM</b> <b>POWER YOGA</b> (Andria)	<b>7:00PM - 8:00PM</b> <b>HIGH LOW</b> (Carlos)	<b>7:00PM - 8:00PM</b> <b>CYCLING</b> (Kristen)		
<b>8:15PM - 9:15PM</b> <b>KICKBOXING</b> (Liz)		<b>8:00PM - 9:00PM</b> <b>POWER YOGA</b> (Andria)	<b>8:00PM - 9:00PM</b> <b>STOMP FX</b> (Liz)	* Please note that all Classes & Instructors are subject to change.	

## **CLASS DESCRIPTIONS:**

**ZUMBA:** Combination of Latin & Caribbean Dance.

**STOMP FX:** Intervals of cardio step, weights & Stretching.

**SPIN:** This class utilizes stationary bikes to mimic road & trail riding. Great for endurance and lower body strength.

**20/20/20:** 20 Minutes of cardio/ 20 minutes of weights / 20 minutes of abs.

**KICKBOXING:** In this class you will use basic martial arts moves to tone and burn.

**HIGH LOW:** Challenge yourself with a vigorous hour of high and low cardio movements.

**PLYO PUMP:** This class will work your strength and endurance by challenging your slow and fast twitch muscles.

**FREESTYLE:** Get your heart pumping & your body toned with dance moves and weights.

**FITBALL:** Challenge yourself on a stability ball while building muscle and burning calories..