

**SUMMER
2008**

Group Exercise Schedule

Energy Center Fitness Club

*Members and
Non-Members
Welcome!*



Now Open
24/7

Register by Phone or Stop In Today!

(608)437-CLUB(2582)

*Energy Center offers a FREE class trial for all class formats. You can try before you buy!
Inquire at the front desk, by phone, or by stopping in.

April 28, 2008 – July 2, 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	NEW! Yoga	Cycling	Advanced Cycling	Yoga	Advanced Cycling	(7:00a) Pump-UP!
7:30 am	Body Sculpt	Flexibility	Body Sculpt	Flexibility	Body Sculpt	
8:30 am	On the Ball	Body Sculpt	On the Ball	Body Sculpt	Pilates	
8:45 am		Creative Kids	NEW!	Creative Kids		
9:30 am	Aerobic Dance	Fit Kids	Aerobic Dance	Fit Kids	Aerobic Dance	(10:00a)Yoga
3:45 pm	NEW! JUMP!	Teen in Training	Teen in Training	Teen in Training	Teen in Training	
5:30 pm	(5:00p) Step 'n Strength	Pump-Up!	NEW! Biggest Winner	Pump-Up!		
	NEW! Out Door Games!! Bocce – Ladder Golf – Fling Sock NEW!					
6:00 pm	Pilates		Pilates			
6:30 pm		NEW! Outdoor Boot Camp		NEW! Outdoor Boot Camp		
7:00 pm	Cycling (7:05p)	NEW! Flexibility	Cycling (7:05p)	NEW! Flexibility		
8:00 pm		NEW! PiYo	Butts-n-Guts	NEW! PiYo		

**Try a Class
for FREE!***

*Energy Center Fitness is locally Owned and Operated and is across from the high school
at 407 South 8th Street in beautiful Mount Horeb, Wisconsin*

Butts-and-Guts

Need help getting those problem areas toned up? You will use hand weights, resistance tubing and your own body to work your stomach, back and butt muscles. This 45 minute class is for any fitness level. Low Impact!

Member Fee: Free

Non-Member Fee: \$40

Step-n-Strength

A class perfect for the individual on a time crunch. Not the traditional choreographed step class. It is an energetic fun class which combines step aerobics to raise the heart rate and adds strength training to give you an all over workout. This class is for all fitness levels.

Member Fee: Free

Non-Member Fee: \$40

Flexibility

This class is all about relaxation, releasing endorphins and creating less tension in the body. You will learn how to maintain proper body positioning while stretching, which will increase range of motion in joints and improve overall body alignment.

Member Fee: \$25

Non-Member Fee: \$65

Body Sculpt

A great total body shaping workout utilizing hand weights, stability balls, and resistance bands to sculpt, define, and tone the entire body. This class is a great compliment to your aerobic training.

Member Fee: \$15

Non-Member Fee: \$45

On the Ball

Have fun and gain strength, balance and flexibility working on the stability ball. You will use the ball in all different ways – seated, standing, lying on and under, balancing seated, kneeling and standing. It will balance out your body and empower you.

Member Fee: \$15

Non-Member Fee: \$45

Want Member Pricing? Join for Only \$35 Month!*

*Based on 2-year membership.

Cycling

Rain or Shine! A 45 minute indoor class replicating the feel of the road. Music and imagery are used to simulate different bike rides that include hills, sprints, flat terrain, and humps. Indoor cycling is simple, easy to learn and a great workout. Low Impact, High Cardio!

Member Fee: \$25

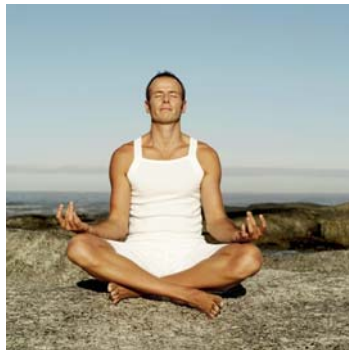
Non-Member Fee: \$65

Yoga

In our Yoga class, you will learn physical postures or asanas, breathing fundamentals and techniques. Each class is 60 minutes and accommodates beginner to intermediate levels.

Member Fee: \$25

Non-Member Fee: \$65



Pilates

Develop core strength and stabilization in this tried and true form of exercise. You will balance out your alignment, gain control of movement and develop a long & lean body.

Member Fee: \$25

Non-Member Fee: \$65

Pump-Up!

Real results, real fast! Pump Up! Is a strength endurance class where muscle and music collide. This dumb-bell work-out targets all the major muscle groups of the body and defines them. All levels welcome.

Member Fee: \$25

Non-Member Fee: \$65

Aerobic Dance

This is an aerobic workout! FUN & EASY to do. We will use high energy & motivating music to keep us moving and feeling great. You won't even realize how great of shape you're getting in.

Member Fee: \$15

Non-Member Fee: \$45

Youth Classes

Teen in Training

Want to come to the club and learn to exercise on your own? Here is your opportunity. A 60 minute open gym workout time for ages 13 and up. Plus you have a trainer there to assist and supervise as needed.

Member Fee: Free

Non-Member Fee: \$30

JUMP!

Jump into fun and fitness with all your friends and a good old fashioned rope. Kids will learn to jump rope, rope games, songs, and tricks. Jump in and join the fun. Great for all ages, fee includes your own rope.

Member Fee: \$15

Non-Member Fee: \$30

Kids Korner

(Including Fit Kids)

See Separate Flyer for class times and activities! Good Health Habits Should Be Fun! Active, safe, developmentally appropriate programming for children ages 2-6. Kids have fun while parents enjoy their time exercising.

Member Fee:

\$3/class or 4 for \$10

Non-Member Fee: \$5/class or 4 for \$15

NEW!

OUTDOOR GAMES

Have fun outside! We will be forming leagues of games like Bocce, Ladder Golf, Washers and Fling Sock. Families are encouraged to team up together and bring your friends! See separate flyer for details.

Biggest Winner

Be the Biggest Winner by being the smartest Loser. This 10 week weight loss class will educate and empower you on your weight loss goals. Includes Fitness Testing, Personal Training, Nutritional Counseling and Lifestyle Coaching.

Member Fee: \$25

Non-Member Fee: \$65

ECFC Boot Camp

An outdoor (Rain or Shine) fitness training program designed to condition the entire body by moving! This class is for individuals who want to pack a hard workout into a short time. Expect to take your body to the limit. A great way to burn a lot of calories.

Member Fee: \$25

Non-Member Fee: \$65

PiYo

A practical approach to Pilates and Yoga which can dramatically transform the way your body looks, feels and performs.

Member Fee: \$15

Non-Member Fee: \$45



★ No Classes Memorial Day, Monday, May 26th ★