



Group Fitness Schedule

Effective Sept. 17th, 2009

Life is good... Energy makes it better!



Classes with happy faces offer babysitting

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 am Just Pump Laura		6:00-7:00 am Cardio, Sculpt & Core Laura		6:00-7:00 am Interval Training Laura		
☺ 8:30-9:30am Total Body Sculpting Pam	☺ 8:30-9:30am Interval Training Laura	☺ 8:30-9:30am Raise the Bar Pam	☺ 8:30-9:30am Interval Training Laura	☺ 8:30-9:30am Guts, Butts & Balls Denise	☺ 8:30-9:30am Cardio Sculpt & Core Laura	8:30-9:30am All in One Chris
☺ 9:35-10:35am Kick & Sculpt Denise	☺ 9:35-10:35am Step, Balls & Stability Denise	☺ 9:35-10:35am ZUMBA Denise	☺ 9:35-10:35am Kick Boxing Denise	☺ 9:35-10:35am JUST PUMP Or Interval Training Denise	☺ 9:35-10:35am ZUMBA Laura/Denise	9:35-10:35am Belly Dancing Irene
☺ 11:00am-Noon Pilates Robyn	11:00am-Noon Boomers & Beyond Laura	☺ 11:00am-Noon Pilates Robyn				11:15 - 12:15pm All Levels YOGA Jenny
☺ 4:30-5:30pm JUST PUMP Or Interval Training Denise	☺ 4:30-5:30pm STEP Denise	☺ 4:30-5:30pm Cardio, Sculpt & Core Laura	☺ 4:30-5:30pm Interval Training With Toys Pam	☺ 4:30-5:30pm ZUMBA Laura	Babysitting Hours Monday 8:00am – Noon 4:15 - 7:45pm Tuesday 8:00 – 11:00am 4:15 – 6:45pm Wednesday 8:00am – Noon 4:15 - 7:45pm Thursday 8:00 – 11:00am 4:15 – 6:45pm Friday 8:00 – 11:00am 4:15 – 6:45pm Saturday 8:00am – 11:00am	
☺ 5:35-6:35pm Below the Belt/ Absolute Abs Chris	☺ 5:35-6:35pm Core, Strength & Balance Denise	☺ 5:35-6:35pm STEP Chris	☺ 5:35-6:35pm Total Body Sculpting Pam	☺ 5:35-6:35pm Interval Training Chris		
☺ 6:40-7:40pm All Levels YOGA Linda	6:40-7:40pm STEP Dawn	☺ 6:40-7:40pm ZUMBA Chris	6:40-7:40pm Step, Balls & Stability Dawn			

ABSOLUTE ABS: Abs & more Abs **BELOW THE BELT:** Hips, Thighs, Glutes.

ALL IN ONE: Aerobics, STEP, toning and stretch.

BELLY DANCING: Have fun shaking your hips and Abs.

BOOMERS & BEYOND: Strengthening, Stretching & Cardio 55 yrs & over

CARDIO SCULPT & CORE: Fast paced aerobic and body sculpting .

CORE, STRENGTH & BALANCE: Balls and weights to energize your core.

GUTS,BUTTS & BALLS: Stability ball workout, great for all levels.

INTERVAL TRAINING: Alternating cardio and weight training circuits.

INTERVAL TRAINING with TOYS: with Hula Hoops, Jump Ropes & more toys

JUST PUMP: Intense Body Sculpting Class

KICKBOXING: Basic martial arts moves that give you a great workout.

KICK & SCULPT : Alternating kickboxing & body sculpting.

PILATES: Non aerobic strengthening, toning and stretching exercises.

RAISE THE BAR: Use the Body Bar to tone and strengthen

STEP: This all time favorite is low impact with high intensity.

TOTAL BODY SCULPTING: Use weights to tone and strengthen.

YOGA: Improve your body and mind, great for all levels of experience.

ZUMBA: Latin rhythm and easy to follow moves create a dynamic workout

CLUB HOURS

Monday to Thursday

5:00am – 10:00pm

Friday

5:00am – 9:00pm

Saturday

7:00am – 5:00pm

Sunday

7:00am – 4:00pm

Class instructors and descriptions may vary due to substitutions and instructor's preference.

Please call for daily substitutions and updates

(860) 496-9100

www.energyfitnessct.com



**ENERGY
FITNESS**

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