

# The Rite Bite

Fall/Winter 2010

To start Aug.16th—end of year

## Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	YogaLates 6:15-7:00am Amy	Circuit Circus 6:00-7:00am Romona		Circuit Circus 6:00-7:00am Romona		Xtreme Xchange 8:30-9:25am Romona
	Total Strength 11:30-12:15pm Shannon	Silver Sneakers M.S.R.O.M. 10:30-11:15am Emily	Total Strength 11:30-12:15pm Shannon	Silver Sneakers M.S.R.O.M. 10:30-11:15am Shannon		Yoga 9:30-10:25am Romona
	Ramp 5:45-6:40pm Kelli	Circuit Circus In gym 5:45-6:45pm Natalie	30/30/30 5:00-6:30pm Emily and Trish	O.C.T. 5:45-6:45pm Natalie	Circuit Circus 4:30-5:30pm Shannon	Dance Fusion 10:30-11:30am Emily
	On the Ball In gym 6:45-7:45pm Kelli	ZUMBA 5:45-6:40pm Wendy	Total Strength 6:45-7:45pm Trish	Dance Fusion 5:45-6:40pm Vai		
	Yoga 6:45-7:45pm Amy	Pilates 6:45-7:45pm Amy				

## Fee Based Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	RiteRate Training 6:00-7:00am Kendra		RiteRate Training 6:00-7:00am Kendra		RiteRate Training 6:00-7:00am Sarah
	RiteRate Training 9:00-10:00am Kendra		RiteRate Training 9:00-10:00am Kendra		RiteRate Training 9:00-10:00am Sarah
Meditation 10:00-11:00am John					
	RiteRate Training 6:00-7:00pm Shannon		RiteRate Training 6:00-7:00pm Shannon	Integral Yoga 6:45-7:45pm John	RiteRate Training 6:00-7:00pm Shannon
				NE1 Nutrition/Exercise in 1 7:00-8:00pm Sarah	Ballroom Dance 6:00-7:00pm Steve

# Class Descriptions

**30/30/30:** The first 30 minutes will be high intensity high impact cardio, not for the week hearted. This will be followed by 30 minutes of abdominal work, and ending with 30 minutes of low impact aerobics. Come to all three, pick 2, or just try one. It's up to you. Go ahead and mix it up!

**Circuit Circus.:** Circuits/stations will incorporate both cardio and strength for an efficient workout with no athletic skills required.

**Dance Fusion:** Latin style dance, pop, reggae, hip hop, and funk all in one class. Let the high energy and music motivate you to sweat. This class emphasizes having fun as much as burning calories.

**O.C.T.:** Obstacle Course Training class uses the great outdoors as a giant playground for a strenuous yet playful total body workout including cardio and strength. In the gym when weather's not permitting.

**On the Ball:** This strength class will use mainly swiss balls, medicine balls, and mini fitness balls for a total body workout.

**Pilates:** Mat Pilates is geared toward toning the body from the inside out; focusing on core work as well as strengthening, lengthening, and aligning your muscles.

**Ramp:** A unique cardiovascular class done on an adjustable, inclined surface. Ramping shapes the muscles from behind; glutes, hips and thighs through a fun, low impact, calorie burning workout!

**Silver Sneakers MSROM:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are used often for resistance, and a chair is used for seated and /or standing support.

**Total Strength:** Multi-muscular and total body strength training techniques are used to enhance muscular endurance, raise metabolism, and sculpt head-turning curves. All fitness levels welcome.

**Yoga:** Basic yoga exercises including balancing, strengthening and some meditation may be incorporated in class. Appropriate for any fitness level. Getting up and down off the floor is required.

**YogaLates:** This class combines pilates exercises with the postures and breathing techniques of yoga.

**Xtreme Xchange:** This class offers variety and change with Xtreme "themes" each week. Visit our website for details and descriptions of each week's class.

**Zumba:** Enjoy Latin and International music with easy to follow dance steps. Get your heart pumping and hips shaking!

## Fee Based Classes:

Minimum number of participants required. **Rite Bite Gym Members/ Corporate Partners receive a 20% discount.**

**Ballroom Dance:** Learn the basics of ballroom, including: ChaCha, Merengue, Swing, Salsa, Tango, and the Waltz. Class is taught in a light, fun atmosphere! Casual or workout attire is recommended. All couples welcome.

**DATES:** 8/27-10/15 (8 weeks)

**FEES:** \$100 per couple

**Integral Yoga:** Designed to create a flexible moderately toned body. Emphasis is to perform the basic yoga postures or "asanas" in a comfortable, steady manner. Students will learn how to deeply relax the body and mind. All ages and fitness levels welcome. This class requires getting up and down from the floor.

**DATES:** 9/23-11/11 (8 weeks)

**FEES:** \$50

**Meditation:** Learn gentle exercises to relax and comfort the body, breathing techniques, how to incorporate meditation into your busy lifestyle, and general principles for keeping the mind free of worry and distraction.

**DATES:** 9/19-11/7 (8 weeks)

**FEES:** \$50

**NE1: Nutrition & Exercise in 1:** Led by a registered dietitian /certified trainer, this **12 week program** focuses on efficiency for the busy individual. Classes are held in the gym to allow for physical activity during nutrition coaching, double duty! Pre and post health screenings, workbook, journal, and 24/7 email and phone access included. Call for more details.

**DATES:** Ongoing (12 weeks)

**FEES:** \$200

**RiteRate Training:** Take your workout to the next level with a personal trainer for an AMAZING weekly flat rate! You get 3 one hour training sessions each week (12 appointment options available) with all of the expertise to guide you toward your fitness goals. Please call ahead to schedule your sessions in advance. 24 hour cancellation notice required.

**DATES:** Every Mon, Wed, Fri at 6am, 9am, 6pm (on-going)

**FEES:** \$60 per week EFT