

The Rite Bite

Winter/Spring 2010

Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	S.W.E.A.T. 6:00-6:45am Romona					CardioMix 8:30-9:15am Romona
		Silver Sneakers M.S.R.O.M. 10:30-11:15am IN GYM Emily	S.W.E.A.T 5:45-6:40pm Romona	Silver Sneakers M.S.R.O.M. 10:30-11:15am IN GYM Emily		Total Strength 9:15-10:00am Romona
	Dance Fusion 5:45-6:40pm Vai	Total Strength 11:30-12:15pm Shannon	Circuit Fusion 5:45-6:40pm IN GYM Shannon	Total Strength 11:30-12:15pm Shannon		Dance Fusion 10:00-11:00am Emily
	Circuit Fusion 5:45-6:40pm IN GYM Shannon	Kick & Sculpt 5:45-6:40pm Kelli	New Member Orientation 6:45-7:30pm Shannon	Ramp 5:45-6:40pm Kelli		New Member Orientation 10:15-10:45am Romona
	Pilates 6:45-7:45pm Kenya	Step 6:45-7:45pm Kelly V.	CoreYoga 6:45-7:45pm Romona	Total Strength 6:45-7:45pm IN GYM Kelli		CoreYoga 11:00-12:00pm Kelly V.

Fee Based Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meditation 8:30-9:30am Sipra		Bootcamp 6:00-7:00am Todd	Nutri-Fit 7:00-8:00am Sarah	Bootcamp 6:00-7:00am Todd		
Bollywood Mix 2:00-3:00pm Anish/ Indira				Bollywood Mix 6:45-7:45pm Anish/ Indira	Street Salsa 5:30-6:25pm Oana	
				Nutri-Fit 7:00-8:00pm Sarah	Ballroom Dance 6:30-7:30pm Steve	

Class Descriptions

CardioMix: Anything goes with this 45 minute cardiovascular challenge. CardioMix will spice things up with new exercises every week. Class may incorporate hi-lo, step, kickboxing, circuits, or even drills to keep things moving and get your heart pumping.

Circuit Fusion: This varied workout mixes up hi/low impact cardiovascular stations amongst toning exercises. Participants are encouraged to work at their own pace and intensity, which makes this class ideal for all fitness levels.

CoreYoga: Basic yoga exercises grouped together with efficient core work, for a maximum mid-section workout. Balancing, strengthening and some meditation may be incorporated during this 60 minute class.

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.

Kick & Sculpt: Jab and kick your way through this total body challenge! This class incorporates killer kickboxing combinations along with strength training exercises to sculpt upper and lower body together while your heart rate rises.

New Member Orientation: This orientation consists of an introduction on the gym equipment so all members are comfortable to use each piece on their own. Orientations may also be scheduled any time during the week with a trainer.

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!

S.W.E.A.T.: Sweat While Engaging In Athletic Training: This class is guaranteed to make you sweat. You will incorporate both cardio and strength for an efficient workout with no athletic skills required.

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.

Step: This class will consist of basic, easy to follow step choreography designed to keep the heart rate up and calories burning.

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

Fee Based Classes: Held in 8 week sessions / Minimum number of participants required

MEMBERS receive a 20% discount off the session price

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

DATES: 1/8-3/5 *no class 2/19 & 4/2-5/21

FEES: \$100 per couple

Bootcamp: This twice a week station-based class works your heart and muscles by going from one exercise to another with little rest. Stations may involve calisthenics like pushups, jumping jacks, and crunches. Participants are encouraged to challenge themselves by choosing their own intensity. Bootcamp also includes pre and post session fitness testing.

DATES: 1/12 - 3/4 & 3/9-4/29

FEES: \$100

Bollywood Mix: The Rite Bite and the Nalanda School of Dance are excited to offer Bollywood Mix. Enjoy fun energetic Indian dance routines and burn calories. No dancing skills required.

DATES: SUNDAYS: 1/10-2/28 & 3/7-4/28

FEES: \$50

THURSDAYS: 1/7-2/25 & 3/4-4/15

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: 2/21 - 4/11

FEES: \$50

Street Salsa: Dance like the stars in this instructional how-to salsa class. You will learn salsa basics while developing your own dancing style and personality! No partner necessary. Workout attire and leather soled shoes are encouraged.

DATES: 1/8-2/24 & 3/12-4/30

FEES: \$50

Nutri-Fit: Led by a registered dietitian /certified trainer, this **12 week program** will focus on creating a healthy, balanced lifestyle. Classes are held in the gym to allow for physical activity during nutrition coaching, double duty! Call for details.

DATES: Ongoing

FEES: \$200