



MULTIPURPOSE ROOM SCHEDULE - Physical Edge South - Beginning August 1, 2009

1460 Drew Avenue, Ste 200, Davis, CA 95618 • Phone: 530.753.9011 • Fax: 530.753.9021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6-7 am Boot Camp		6-7 am Strength & Cond.		
7-8 am Body Basics	7-8 am Functional Framework	7-8 am Body Basics	7-8 am Back Training*	7-8 am Body Basics		
9-10 am Pilates	8:30-9:45 am Group Fitness Training*		8:30-9:45 am Group Fitness Training*	9-10 am Pilates		
					8:30-9:30 am Comprehensive Mat Pilates	
	10-11 am Pilates		10-11 am Pilates		9:30-10:45 am Yoga	
	11-11:30 am Stretch & Relax		11-11:30 am Stretch & Relax			
12:15-12:45 pm Lunchtime Shred		12:15-12:45 pm Lunchtime Shred	12-1 pm Macumba Dance	12:15-12:45 pm Lunchtime Shred		
5-6 pm Back Training*		5:30 -6:30 pm Strength & Cond. (Begins 9/15)				
6-7 pm Strength & Cond.						
				* = Classes with an additional cost		

Please note: An average monthly attendance of 6 participants per class is needed to continue each specific class.

GROUP EXERCISE CLASSES - Physical Edge South

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Yoga- Instructors: Karen Klussendorf

This class works on developing strength, flexibility and endurance through a balanced body/mind workout. All levels welcome.

Pilates - Instr's: Amy Zipp (MW) & Karen Klussendorf (TTh)

In this class, each exercise flows into the next and constantly reinforces and relies on the strength of your abdominal, lower back, buttock and inner thigh muscles

Comprehensive Mat Pilates- Instructor Karen Klussendorf

This class incorporates hand weights and bands to challenge the posture. As each new exercise is added, you can monitor your body's reaction to evaluate your own strengths and weaknesses.

Strength & Conditioning: Instructor: Darby Cassell

Add a little resistance training to your exercise routine...in this class, we will use free weights, balls and bands to tone up, build strength and sculpt our muscles.

Body Basics – Instructor: Laretta Hyatt-Chan

This class combines balance and agility activities with a moderate intensity cardio segment. The foundation of the class is functional training and progression. The exercises are designed to carry over and improve your ability to do daily activities and gentle sports conditioning.

Functional Framework – Instructor: Laretta Hyatt-Chan

Make stretching and relaxing a party of your lifestyle! Each class will begin with a warm-up, then move into static and dynamic stretching and conclude with relaxation. Attention will be paid to form, focus, breathing and stabilizing.

Lunchtime Shred -Instructor: Jennifer Miramontes

Blast through a calorie burning work-out during your lunch hour or early evening. Medium to high intensity, using a 3-2-1- Interval

Boot Camp- Instructor: Darby Cassell

Blast calories through a circuit training program focused on developing core muscles, increasing strength, building endurance and improving flexibility. Class begins with a short warm-up indoors, followed with 30 minutes of outdoor running and strength and conditioning and wraps up back indoors for ab's and stretching.

Stretch & Relax- Instructor: Karen Klussendorf

In this class, you'll experience a full body stretch along with guided relaxation, meditation and breath control.

Macumba Dance- Instructor: Skylohr Taylor

Macumba is an upbeat, fun cardio dance class that includes many different dance styles including African, Latin, Hip-hop and American. The well choreographed fitness routines will leave you wanting MORE!

Group Fitness Training* *(Additional cost for this program)*

This class is a fun, total body workout addressing all the major components of fitness--balance, agility, strength, power & endurance. 4 week class, meets 2x/wk. Instructor: Karen Klussendorf

Back Training Class* *(Additional cost for this program)*

The Physical Edge Back Training Program is an active, exercise- based series of training sessions designed to help participants improve low back function. Please pick up a Back Training Flyer for more information about the different classes. Instructors: Mat Moore, Physical Therapist and Brian Padilla, Physical Therapist

