

## Class Descriptions

**Abs/Buns:** This class is designed to strengthen and tone your glute and abdominal muscles in a fun but challenging workout.

**Body Sculpt:** A challenging workout to build muscular strength, endurance, and flexibility. This conditioning workout will incorporate steps, weights, and body bars.

**Circuit Training:** Rotate between full body strengthening and cardio moves to get fit fast.

**Kick boxing:** Fight away stress while learning punching and kicking movements.

**Mommy & Me:** A conditioning class tailored for moms with young kids. Moms get an exercise class. Kids get to play. (Class is held in the PER)

**Spin:** A group fitness class which replicates the feel of a bike on the open road. Classes can also be named Spin & Core or Spin & Sculpt to incorporate strength training exercises.

**Calisthenics/Kettlebell:** Increase your body strength and flexibility with a variety of calisthenics/Kettlebell movements and increase cardio vascular fitness.

**Step/Sculpt:** A step aerobics class with a mix of body sculpting movements to get fit.

**Yoga:** Strengthen, stretch, balance and breathe with classic yoga movements.

**Prenatal/Postnatal:** A low intensity class with strength and flexibility exercises designed for pregnant women and new mothers. (Doctor's clearance required. Sign up at the front desk.)

**Total Body Conditioning (TBC):** A high intensity class that will focus on improving your push ups, sit ups, and run for fitness testing.

**Turbo Kick:** A high energy class designed to blast fat and reshape your body. It combines cardio kickboxing, athletic drills and interval training into a high energy routine. It requires no previous experience, and is adaptable to any fitness level.

**Zumba:** A Latin dance based fitness class. Shake your body and burn calories while learning some new moves.

**20/20/20:** Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work.

**Pilates:** Exercise focused on building strength without bulk, and improving flexibility and ability.

## Instructors / Certifications

**Allen Mullinex-** Spin

**Al Ciampa-** Group, Crossfit, Kettlebell

**Beth Sindorf-** Group, Yoga

**Brynn Baker Franklin-** Group, Kickboxing, Yoga, Sculpt

**Kenisha Villa-** Group, Spin, Zumba

**Lanilu Phillips-** Zumba

**LaShawna Jenkins-** Zumba

**Lauren Wright-** Pilates

**Lisa Garman Dibene-** Zumba

**Marissa Collins-**Turbokick, Zumba

**Nora Arellano-** Zumba

**Rocio Sakai-** Group, Kickboxing, Yoga, Pilates, Spin, Prenatal, Sculpt, Zumba, Aqua Zumba

**Sarah Vinch-** Group, Spin, Prenatal, Sculpt

# Coral Reef Fitness Center

## Aerobic Schedule January 2012



## Hours of Operation:

**24 Hour Operation**

**Parent Exercise Room**  
**(PER)**

**24 Hours**

***No aerobic classes  
on down days or holidays***



***For more information, please contact the  
Coral Reef Fitness Center at 366-6100.***



# JANUARY



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Time	Mon	Tue	Wed	Thu	Fri	Sat
4:45 a.m.		Calisthenics/Kettle Bells (Al)		Calisthenics/Kettle Bells (Al)		
5:30 a.m.	♦ Spin/Core (Sarah)		♦ Body Sculpt (Sarah)		♦ Spin (Allen)	
8:30 a.m.	♦ Kickboxing (Nora)	♦ Body Sculpt (Sarah)	♦ Spin/Core (Sarah)	♦ Body Sculpt (Sarah)	♦ Kickboxing (Nora)	
9:30 a.m.	Mom & Me @ HOTSPOT Gym (Sarah)				Mom & Me @ HOTSPOT Gym (LaShawna)	
9:40 a.m.	Yoga (Beth)	♦ Step/Sculpt (Kenisha)	Zumba (Lanilu)	Zumba (LaShawna )	Yoga (Beth)	♦ Turbokick (Marissa)
11:00 a.m.		Pilates (Lauren)	Pilates, Balance, Flexibility ( Rocio)	Pilates (Lauren)		Zumba (LaShawna)
5:00 p.m.	♦ 20/20/20 ( Kenisha)	♦ TBC (Kenisha)	♦Spin (Allen)	♦ 20/20/20 (Kenisha)	Calisthenics/Kettle Bells (Al)	
6:00 p.m.	♦ Cardio kick (Nora)	Abs/ Buns (Kenisha)	♦ Turbo Kick (Marissa)	♦ Kickboxing (Brynn)	♦ Step/Sculpt (Brynn)	
7:00 p.m.	Zumba (LaShawna)	Zumba (Lanilu)	Zumba (LaShawna )	Yoga (Beth)		

\*Schedule is subject to change, please check with the Front Desk for updates. Call 366-6100

\* Pre/Post Natal classes available upon request. Sign up at the Front Desk.

♦ Counts for Fitness Improvement Program (FIP)

All classes are for healthy individuals. If you've had an injury or health problem, please consult your doctor prior to participating.

