

COOPS HEALTH & FITNESS CLUB

AEROBIC SCHEDULE NOVEMBER 2008 GREENVILLE SC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 9:00AM RS 20/20/20 & AB's 10:00am Yoga BH	2 4:00pm Gentle Yoga DR
3 12:00pm DR Lunch box/kick 6:00pm AB Step 7:00pm DR Body Sculpt	4 5:00pm DR TEAM TRAINING 6:00pm JO Boot Camp & AB'S 7:00 pm DR YOGALATES	5 12:00pm DR Pilates 6:00pm DR Kick 6:30pm SS Butt & Gut	6 5:00pm JO TEAM TRAINING 6:00pm JO STEP ONE 7:00pm Ab blast!	7 12:00pm DR TREAD & SHRED 5:45pm DR TEAM TRAINING	8 9:00am JO 20/20/20 & AB's No yoga Floors refinished	9 No Yoga Floors refinished
10 12:00pm DR Lunch box/kick 6:00pm JS Step 7:00pm DR Body Sculpt	11 5:00pm DR TEAM TRAINING 6:00pm JO Boot Camp & AB'S 7:00pm SS YOGALATES	12 12:00pm DR Pilates 6:00pm DR Kick 6:30pm SS Butt & Gut	13 5:00 JO TEAM TRAINING 6:00pm JO STEP ONE 7:00pm Ab blast!	14 12:00pm DR Step & Kick box 5:45pm DR Stepping stones	15 9:00am RS 20/20/20 & AB'S 10:00 am Yoga CP	16 4:00pm Gentle Yoga BH
17 12:00pm DR Lunch box/kick 6:00pm AB Step 7:00pm DR Body Sculpt	18 5:00pm DR TEAM TRAINING 6:00pm JO Boot Camp & AB'S 7:00pm DR YOGALATES	19 12:00pm DR Pilates 6:00pm DR Kick 6:30pm SS Butt & Gut	20 5:00pm JO TEAM TRAINING 6:00pm JO STEP ONE 7:00pm Ab blast!	21 12:00pm DR Step 4 lunch 5:45pm DR Step & Kick box	22 9:00 am. SA 20/20/20 & AB'S 10:00am Yoga DR	23 4:00pm Power Yoga BH
24 12:00pm DR Lunch box/kick 6:00pm JS Step 7:00pm DR Body Sculpt	25 5:00pm DR TEAM TRAINING 6:00pm JO Boot Camp & AB'S 7:00pm SS YOGALATES	26 12:00pm DR Pilates 6:00pm DR Kick 6:30pm SS Butt & Gutt	27 NO CLASSES HAPPY THANKSGIVING!!!!	28 12:00pm DR Step & Kick box 5:45 pm DR Stepping stones Come work off turkey & pie!!	29 9:00am JO 20/20/20 & AB's 10:00am Yoga DR	30 4:00pm Gentle Yoga DR

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Instructor Key: DR Debbie Reini MR Michelle Rose JE Jessica East JS Jessica Smith CP Celina Price
BH Bridgette Hyde RS Rena Stevens JO Jennifer O'Barr SA Stephanie Amell AB Aaron Byars SS Sarah Scott

TEAM TRAINING - work out on machines with partners , isolating upper body one day, lower body the next.

BUTT & GUT- Beginner class, focus on toning and lifting through those areas.

BOOT CAMP- All levels. An intense interval workout combining power, strength, and agility. A fun paced class!

20/20/20 - Twenty minutes kick, or sports conditioning, to get the heart rate up. Twenty minutes step, to burn the fat. Twenty minutes weights, for a well rounded workout!

AB'S- A 15min. AB BLAST to hit upper abs, lower abs, and oblique's for that nice shape you want .

YOGALATES- Core abdominal exercises , as well as outer thigh, inner thigh, bottoms, and upper body strengthen. Along with gentle yoga stretches.

KICK- Fun class for all levels! You will learn real Tae- Kwon-Do kicks. Then real boxing techniques, which are taught on a heavy bag.

STEPPING STONES- Beginner level. A weighted step class, low choreography, but burns tons of calories!

BODY SCULPT- Beginner class. Learn how to lift and train every muscle group in the upper, and lower body.

STEP ONE- Beginner class. Come have fun! Learn how to step with our encouraging instructors.

POWER YOGA- A little more intense, and challenging. Focus on balance and strength through the poses.

YOGA- Come see what it's all about.... Gentle your mind, and relax the body for one hour out of your day.

NURSERY

Mon. - Thurs.	9-2	3-9
Fri.	9-2	3-8
Sat.	9-2	
Sun.		1-6

© GIRLS CLUB- COME ENJOY SOMETHING DIFFERENT EACH MONTH WITH YOUR FRIENDS FROM THE GYM! ☺