

The Gym at Carew Tower Group Fitness Schedule- August 2010

To confirm schedule: 513-651-1442

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 CLOSED	3 CLOSED	4 CLOSED	5 11:30 Zumba - Linda C 12:20 TBC - Linda SC 1:10 Yoga - Sevika MB 5:30 TBC - Kathie C 6:15 Body Sculpt - Kathie S	6 7:00 am Qi-Boxing - Steve CS 11:30 Hip Hop Abs - Steve CS 12:20 Boxing+Circuit - Steve CS	7 <i>NO CLASSES</i>
9 11:30 Hip Hop Abs - Steve CS 12:20 Boxing+Circuit - Steve CS 1:10 Yoga - Sevika MB 5:30 Instructors choice - Kathie CS 6:15 Core Training - Kathie S	10 11:30 Fitness Circuit #1-Steve SC 12:20 Fitness Circuit #2-Steve SC 5:30 TBC - Kathie S	11 11:30 Body Sculpt - Laurel S 12:20 Zumba - Laurel C	12 11:30 Variety Cardio - Linda C 12:20 TBC - Linda SC 1:10 Yoga - Sevika MB 5:30 TBC - Kathie C 6:15 Body Sculpt - Kathie S	13 7:00 am Qi-Boxing - Steve 11:30 Body Sculpt - Jason S 12:20 TBC - Jason SC	14 <i>NO CLASSES</i>
16 11:30 Hip Hop Abs - Steve CS 12:20 Boxing+Circuit - Steve CS 1:10 Yoga - Sevika MB 5:30 Instructors choice - Kathie CS 6:15 Core Training - Kathie S	17 11:30 Fitness Circuit #1-Steve SC 12:20 Fitness Circuit #2-Steve SC 5:30 TBC - Kathie S	18 11:30 Body Sculpt - Laurel S 12:20 Step - Laurel C	19 11:30 Zumba - Linda C 12:20 TBC - Linda SC 1:10 Yoga - Sevika MB 5:30 TBC - Kathie C 6:15 Body Sculpt - Kathie S	20 7:00 am Qi-Boxing - Steve 11:30 Body Sculpt - Jason S 12:20 TBC - Jason SC	21 <i>NO CLASSES</i>
23 11:30 Hip Hop Abs - Steve CS 12:20 Boxing+Circuit - Steve CS 1:10 Yoga - Sevika MB 5:30 Instructors choice - Kathie CS 6:15 Core Training - Kathie S	24 11:30 Fitness Circuit #1-Steve SC 12:20 Fitness Circuit #2-Steve SC 5:30 TBC - Kathie S	25 11:30 Body Sculpt - Laurel S 12:20 Zumba - Laurel C	26 11:30 Variety Cardio - Linda C 12:20 TBC - Linda SC 1:10 Yoga - Sevika MB 5:30 TBC - Kathie C 6:15 Body Sculpt - Kathie S	27 7:00 am Qi-Boxing - Steve 11:30 Body Sculpt - Jason S 12:20 TBC - Jason SC	28 <i>NO CLASSES</i>
30 11:30 Hip Hop Abs - Steve CS 12:20 Boxing+Circuit - Steve CS 1:10 Yoga - Sevika MB 5:30 Instructors choice - Kathie CS 6:15 Core Training - Kathie S	31 11:30 Fitness Circuit #1-Steve SC 12:20 Fitness Circuit #2-Steve SC 5:30 TBC - Kathie S	1 11:30 Body Sculpt - Laurel S 12:20 Step - Laurel C	2 11:30 Zumba - Linda C 12:20 TBC - Linda SC 1:10 Yoga - Sevika MB 5:30 TBC - Kathie C 6:15 Body Sculpt - Kathie S	3 7:00 am Qi-Boxing - Steve 11:30 Body Sculpt - Jason S 12:20 TBC - Jason SC	4 <i>NO CLASSES</i>

Fitness Circuits: Total Body Conditioning using various equipment and timed intervals.

Body Sculpt: A class using equipment such as barbells, body bars, tubes, stability balls and body weight for muscle strengthening, sculpting and toning.

Step: cardio conditioning using the step with various choreographed routines.

Yoga: Uses proper body alignment and increasing body awareness to improve coordination, balance, flexibility, and strength. Mats are available if needed.

Hip Hop Abs: hip dance moves to popular music that will sculpt your abs and maximize your fat burning.

Qi-Boxing - Circuit workout utilizing boxer exercise regime, jump rope, resistance training, etc. Some tai-chi movements for stretching.

Zumba: Part fitness - part dance party! A combination of international dance rhythms including salsa, merengue, cumbia, reggaeton, samba, and more!!!

TBC: 'Total Body Conditioning' boot camp class designed for every participant.

C= Cardio Class
CS = Combination class

S = Strength Class
MB = Mind/Body

Any Questions? Please call: 513-651-1442