



Coeur d'Alene Group Fitness

940 Ironwood drive ~ Coeur d'alene, ID 83814 ~ 667-2582

~ SPRING 2012 SCHEDULE ~

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 to 6:15 am		STRONG/ Spinning Julie		STRONG Julie		STRONG/ Spinning Julie	
7:30 to 8:25 am		<i>Aqua Fit</i> Liz M.		<i>Aqua Fit</i> Anne		<i>Aqua Fit</i> Amy	
8:45 to 9:45 am							STRONG Amy/ Tara 8:45 – 9:45
9:00 to 10:00 am	<i>Yoga</i> Liz 9:15–10:15	Peak Physique Dana	TRIO Liz /Dana	Peak Physique Dana	F.A.S.T. Dana	Fusion Yoga Cheryl	
9:30 to 10:30 am		<i>Aqua Fit</i> Meghan		<i>Aqua Fit</i> Meghan		<i>Aqua Fit</i> Sandra	
10:15 to 11:15 am			Ultra Bootcamp Jacki	<i>Yoga</i> Cheryl	INSANE-X Chris		YOGA Liz L. (10:00- 11:00)
10:35 to 11:35 am		Zumba Gold & Tone Debbie		Zumba Gold Debbie 11:30 to 12:30		Zumba Gold & Tone Debbie	
12:00 to 12:55 Noon Express		X-FIT Megan 12:00 – 1:00	Yogalates Cheryl 12:00 – 12:45		Pilates Amy	X-FIT Megan 12:00 – 1:00	
3:00 to 4:00 pm			<i>Aqua Fit</i> Anne		<i>Aqua Fit</i> Meghan		
4:30 to 5:30 pm		<i>Yoga</i> Sandra	Zumba Debbie	Pilates Becki	<i>Body & Soul</i> Christina		
5:30 to 6:30		H2O Conditioning Shannon	INSANE-X Chris (basketball court)	H2O Conditioning Shannon		ZUMBA - X Liz F (high intensity!)	
5:35 to 6:35 pm		Ultra Bootcamp Julie	STRONG Liz M.	X-FIT Megan	STRONG Julie		
6:45 to 7:45 pm		<i>Body & Soul</i> Christina	<i>Yoga</i> Cheryl	Zumba - X Liz F (high intensity!)	<i>Yoga</i> Cheryl		

Spinning Schedule

5:15 to 6:15 am		Spinning/STRONG Julie	<i>~Sunrise~ Spinning</i> Julie		<i>~Sunrise~ Spinning</i> Julie	Spinning/STRONG Julie	
6:45 to 7:30 am		<i>Cycle Sculpt</i> Meghan		<i>Cycle Sculpt</i> Christina			Spinning Amy 7:45 to 8:30
8:15 to 9:00 am	<i>Spinning</i> Julie					<i>Spinning</i> Dana 9:15 – 10:00	
12:00 to 12:45 Noon Express			<i>Spinning</i> Amy		<i>Spinning</i> Jacki	<i>Spinning</i> Jacki	
5:30 to 6:20 pm		<i>Spinning</i> Amber		<i>Spinning</i> Julie	<i>Cycle Sculpt</i> Christina	<i>Friday Night Bikes Spinning</i> Julie	
6:30 to 7:20 pm			<i>Spinning</i> Liz M.				

Peak CDA Hours: Monday – Friday 5 AM to 10 PM, Saturday 6 to 9 & Sunday 8 – 9

AQUA FIT– Provides an all-over workout without impact on your joints. Working against the resistance of the water helps you achieve muscle strength and tone, as well as aerobic endurance.

BODY AND SOUL: A funky new dance class that incorporates strength, body awareness, posture and balance techniques. Designed for all skill levels, you can make this class in intense cardio/strength workout, or just a way to raise the heart rate and loosen up the body.

CYCLE SCUPT: Our new cycle class that is a unique combination of cycling and strength by incorporating your body weight as resistance. This is high intensity class based off of our regular spin classes with a little extra muscle!

F.A.S.T. – (Functional Agility Strength Training) Take power sculpting to the next level. You will love this workout that includes multiple strength and toning techniques using barbells and hand weights. This is one of our most popular workouts for the busy individual. All levels welcome.

FUSION YOGA- A total body mind workout using focused attention and breath to gain the most benefits with a unique variety of yoga, pilates, and chi flow.

H2O CONDITIONING – This is a higher level Water Aerobics class designed to increase your heart rate to optimal levels, while incorporating strength training without impact.

INSANE-X: - A HIGH intensity cardio class designed for optimal results. There is no equipment involved for this class, only your BODY! Heart rate monitors are recommended. Not recommended for beginners.

PILATES - Incorporating core movements with stretching and toning.

PEAK PHYSIQUE - A rigorous no-impact class that combines the techniques & principals of mat Pilates, power yoga, & balance training. We incorporate mats, balls, bands and mini-weights.

SPINNING - Based on the sport of outdoor cycling; this is a class on a special stationary bike that simulates riding hills, flats, and rolling terrain. Be prepared to sweat and have fun. You've heard about these classes, space is limited, so please sign-up at the front desk and you must arrive 5 minutes early. *Sign-up required two days in advance.

STRONG - A revolutionary new way to strength train using adjustable barbell weights. This class will sculpt and shape you from head to toe. This class targets all of your major muscle groups. Sign-up is required. (For all levels)

YOGA - Mix of strong, energetic movements that flow from one posture to the next. It targets every major portion of the body using power yoga poses and stretches. It is designed to heat the body internally to build strength, increase cardiovascular endurance, and calm the mind. Take it at your own pace, great for all levels.

TRIO– One hour class starts with twenty minutes of easy to follow step moves, twenty minutes of ZUMBA, and twenty minutes of strength training with KOR kettleballs.

ULTRA BOOTCAMP - This INTERVAL style class is a challenging workout designed to give you the best cardio and strength training to offer a high energy total body workout.

X-FIT- (Extreme Fitness/P 90X) This class is structured around “muscle confusion.” The more you confuse, the harder the body has to keep up; more variety you put into working out, the better and faster your results will be. This is a high intensity muscle building class and is for intermediate and advanced members.

ZUMBA - Have fun and spice up your workout regime doing combinations of choreographed dance with lots of energy and attitude. No dance background required. All fitness levels welcome.

Please contact your doctor before starting an exercise program in case of existing heart problems, pain, or other physical problems.

Group Fitness Director: Dana Davis 667-2582 ext. 110 Website: www.thepeakid.com