

August, 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Also offering (by appointment only) SBR Boxing Camps and, RMR and VO2 Max Testing! HAVE YOU HAD YOUR FREE FIT TEST FOR P90X? (See a trainer or manager for more information)			BOOK YOUR FREE P90X FIT TEST TODAY!!!	BOOK YOUR FREE P90X FIT TEST TODAY!!!	BOOK YOUR FREE P90X FIT TEST TODAY!!!	BOOK YOUR FREE P90X FIT TEST TODAY!!!
					1 Spinning 101 w/ Vicki 11am - 11:45am	2
3	4	5 Rock Star-Workout w/ Don 9:45am (R2) Plyomania 6pm w/ Don TRX 101 w/ Vicki 7 - 7:45pm (R1)	6	7 TRX 101 w/ Vicki 11:30am - 12:15pm (R1)	8 Training the Elite Athlete w/ David 7pm (Track)	9
10	11	12 Zumba 101 w/ Amity 5pm - 6pm (R2) Spinning 101 w/ Vicki 7 - 7:45pm	13 <i>Pilates Stick Demo w/ Francesca 11:15am (Track)</i>	14	15 Pilates in the Park w/ JoAnn 5 - 6pm \$	16
17 Rock Star-Workout w/ Don 8:15am (R2)	18 Pilates in the Park w/ JoAnn 7:30 - 8:30am \$	19 Zumba 101 w/ Amity 10am - 11am (R2) <i>Yoga Inversions w/ Lisa 7 - 8:30pm (R1) \$</i>	20 <i>Pilates Stick Demo w/ Francesca 11:15am (Track)</i>	21 SpinFlex w/ JoAnn 6pm - 6:45pm	22 Training the Elite Athlete w/ David 7pm (Track)	23 <i>Yoga Glow w/ Jennifer 4 - 5:30pm (R1) \$</i>
24	25	26 <i>Yoga Glow w/ Jennifer 7 - 8:30pm (R1) \$</i>	27 <i>Pilates Stick Demo w/ Francesca 11:15am (Track)</i>	28	29	30

Schedule of Events for August

- **Pilates in the Park:** Friday August 8th from 5 - 6pm and Monday August 18th from 7:30 - 8:30am. Join JoAnn at Harrybrook park for an invigorating Pilates class set in Mother Nature's classroom. Please bring your own mat as only a limited number will be provided. Open to members, \$20 and non members, \$25. A portion of the proceeds will go to the park. Please pre-register at the Front Desk.
- **Pilates Stick Demos:** Wednesday, August 13th, 20th and 27th 11:15am - 12:15pm. Tired of the same old thing? Looking to change up your regular routine? Stop by for a Pilates Stick Demo with Francesca. This whole body resistance training workout will put an emphasis on your CORE. **One free demo per person please.**
- **P90X FIT TEST:** Throughout the month of August, our P90X Coaches, Jamie and Chris, will be offering FREE P90X FIT TESTS to interested individuals. These tests are to qualify those who are interested in learning more about the next 90 Day Program. The P90X Fitness Test is the starting point to see if you are physically ready to do the P90X Program. At the end of the 90 Day Program you will re-take the exact same test which will show you how much you've improved as a result of the program. To book your FREE P90X FIT TEST, please contact Jamie at: jamiophysed@gmail.com or Chris at: cpapsin@yahoo.com or leave your information at the Front Desk and one of our coaches will contact you.
- **PlyoMania:** Tuesday, August 5th at 6pm. Don will challenge how high you can jump, pull and power your way through a high-intensity workout! Limited to 12 participants. Please sign up at the Front Desk.
- **Rock Star Experience Workout:** Tuesday, August 5th at 9:45am and Sunday, August 17th at 8:15am. Don will lead you through a class to bring out your inner Rock Star while having a great workout using drumsticks, stability balls and BOSU Trainers. You don't need to have rhythm, easy to follow along. The Rock Star Experience also has a really cool light show!!! Please sign up at the Front Desk. Limited to 10 Rockers.
- **Spinning 101:** Friday, August 1st from 11 - 11:45am and Tuesday, August 12th from 7 - 7:45pm. Join Vicki and learn how to properly set up the spinning bike as well as learn basic spinning class drills. Please pre-register at the Front Desk. **One free demo per person please.**
- **Team Phys-Ed Training:** Interested in Obstacle Course Racing with a group of friends this summer? Contact Coach Chris at cpapsin@yahoo.com or JC at jeanclaude_chacon@msn.com for more information on how to start your 6 week group training for one of the fabulous OCR races in CT this season! Program for member, \$60 or \$12 drop in fee. Program for non member, \$75 or \$15 drop in fee. Please sign up at the Front Desk.
- **Training the Elite Athlete:** Friday, August 8th and 22nd at 7pm. Coach David will work with individuals who are ready to take their training to the next level. This one hour class will test your body and mind as he brings you through intense endurance training, strength intervals, heart racing cardio, and speed sets to step up your game and teach you how to train hard. Please pre-register at the Front Desk.
- **TRX 101:** Tuesday, August 5th from 7 - 7:45pm and Thursday, August 7th from 11:30am - 12:15pm. Vicki will teach you the basics of how to use and perform exercises using the TRX straps, including how to properly set up and adjust them. Please pre-register at the Front Desk. **One free demo per person please.**
- **Yoga Glow:** Saturday, August 23rd from 4 - 5:30pm and Tuesday, August 26th from 7 - 8:30pm. Join Jennifer for this groovy, kick back and flow Yoga class given under a black light and disco ball and cool music!! Open to members, \$10 and non members, \$15. Please pre-register at the Front Desk.
- **Yoga Inversions:** Tuesday, August 19th from 7 - 8:30pm. Lisa will turn your world upside down! Ever consider that perhaps looking at something from upside down and inside out is exactly what you need to see things clearly? Come play with shoulder and headstands, forearm and handstands. This class is for all levels. Limited to 16 students. Open to members, \$10 and non members, \$15. Please pre-register at the Front Desk.
- **Zumba 101:** Tuesday, August 12th from 5 - 6pm and Tuesday, August 19th from 10am - 11am. Amity will break down the basic steps of a Zumba class and go over popular moves and combinations with you so the next time you take a Zumba class, you will have all the right moves!