



WOLF PACK FITNESS CENTER AEROBICS CALENDAR



SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	
			1 Spin 0500 Spin 0600 Spin 1130 Insane Cardio Kickboxing 1800 Yoga 1800 Zumba 1900	2 Spin 0600 Tactical Fitness 0600 Abs Mania 1130 Tactical Fitness 1800 Spin 1800	3 Spin 0500 Spin 0600 PT Excell -arator 1130 Spin 1700	
5 CrossFit 101 1330 Yoga 1600	LABOR DAY (No Classes)		7 BEAST 0600 Abs Mania 1130 Combat PT 1800 Spin 1800	8 Spin 0500 Spin 0600 Spin 1130 Insane Cardio Kickboxing 1800 Yoga 1800 Zumba 1900	9 Spin 0600 Tactical Fitness 0600 Abs Mania 1130 Tactical Fitness 1800 Spin 1800	10 Spin 0500 Spin 0600 PT Excell -arator 1130 Spin 1700
12 CrossFit 101 1330 Yoga 1600	13 Spin 0500 Spin 0600 Spin 1130 Insane Cardio Kickboxing 1800 Spin 1800	14 BEAST 0600 Abs Mania 1130 Combat PT 1800 Spin 1800	15 Spin 0500 Spin 0600 Spin 1130 Insane Cardio Kickboxing 1800 Yoga 1800 Zumba 1900	16 Spin 0600 Tactical Fitness 0600 Abs Mania 1130 Tactical Fitness 1800 Spin 1800	17 Spin 0500 Spin 0600 PT Excell -arator 1130 Spin 1700	
19 CrossFit 101 1330 Yoga 1600	20 Spin 0500 Spin 0600 Spin 1130 Insane Cardio Kickboxing 1800 Spin 1800	21 BEAST 0600 Abs Mania 1130 Combat PT 1800 Spin 1800	22 Spin 0500 Spin 0600 Spin 1130 Insane Cardio Kickboxing 1800 Yoga 1800 Zumba 1900	23 Spin 0600 Tactical Fitness 0600 Abs Mania 1130 Tactical Fitness 1800 Spin 1800	24 Spin 0500 Spin 0600 PT Excell -arator 1130 Spin 1700	
26 CrossFit 101 1330 Yoga 1600	27 Spin 0500 Spin 0600 Spin 1130 Insane Cardio Kickboxing 1800 Spin 1800	28 BEAST 0600 Abs Mania 1130 Combat PT 1800 Spin 1800	29 Spin 0500 Spin 0600 Spin 1130 Insane Cardio Kickboxing 1800 Yoga 1800 Zumba 1900	30 Spin 0600 Tactical Fitness 0600 Abs Mania 1130 Tactical Fitness 1800 Spin 1800		

All Classes are canceled during Holidays, Down days & Base Exercises

WOLF PACK Fitness Center

Group Exercise Class Descriptions

September 2010

Spin Class: A High intensity, cardiovascular cycling workout on a stationary bike. Come on and ride hills and flat roads– this is a great way to train year round. Get motivated with exiting music and varying workouts. This one will also keep your knees happy..no pounding! ...Bring water and grab a towel ‘cause you will need it!

BEAST: (Basic Exercise and Strength Training) Designed to support the fitness improvement program, this class is a back to basics approach to exercise, incorporating circuit training, power pump, aerobics, plyometrics and core training. Designed for all exercise levels, this class is taught by a certified group fitness instructor and/or PTL and guaranteed to get you into shape.

CrossFit 101: Basic instruction of CrossFit’s aim to forge a broad, general, and inclusive fitness program using constantly varied, high-intensity, functional movements that prepare trainees for any physical contingency whether it be the unknown or the unknowable.

Yoga: Ashtanga yoga class is an athletic and physically demanding form of yoga that includes synchronizing the breath with a progressive series of postures– a process producing intense internal heat that detoxifies muscles and organs.

PT Excell-arate: If you are marginal or border line on your PT test this is a great way to improve ; focusing on taking time off your run, increasing your push ups and strengthening your core.

Abs-Mania: Time for a six pack! Blast those abdominals with a variety of exercises to help you develop and achieve stronger, healthier, slimmer waistline.

Tactical Fitness: Functional training combined with tactical and combative moves designed to support the fitness improvement program. This class is a “back to basics” approach to exercise, incorporating circuit training, power pump, aerobics, plyometrics, and core training.

Combat PT: A great way to combine cardio and strength training if your short on time. Combat PT is an intermediate/ advanced fat burning workout. It will take you through a variety of cardio and strength training exercises maximizing your calorie burn.

CrossFit 101: Basic instruction of CrossFit’s aim to forge a broad, general, and inclusive fitness program using constantly varied, high-intensity, functional movements that prepare trainees for any physical contingency whether it be the unknown or the unknowable.

Insane Cardio Kick boxing: It is a calorie-burning workout, but it is not Traditional Aerobic Dance moves with kicks and punches thrown in. It is not Tae Bo, Cardio Karate, or Karate and Aerobics choreographed to music.

It's Circuit training on steroids!!!