































BRICKHOUSE GROUP FITNESS SCHEDULE

30 N. Groesbeck Hwy. Mt. Clemens, MI 48043 (586) 469-8090 www.brickhousehfc.com Effective February 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 AM 45 min		CYCLE SCULPT  MARISSA		CARDIO MIX  MARISSA		CYCLE CRUNCH  MARISSA	
8:00 AM 8:30 AM		Crunch Time  Beth 8:30am	YOGA \$  GG/Sue 8:30am	THE GAUNTLET  Beth 8am Level II	YOGA \$  GG/Sue 8:30am	THE GAUNTLET  Beth 8am Level II	
9:00 AM		TOTAL BODY CIRCUIT  IZZY		PURE STRENGTH  IZZY		Foam & Function Training (\$)  Beth	TOTAL BODY CIRCUIT  IZZY
10:00 AM 10:15 AM 10:30 AM		Fitness Basics  Izzy 10:15	THE GAUNTLET  Beth 10am Level II	Crunch Time  Beth 10:30 30 min	THE GAUNTLET  Beth 10am Level II	Crunch Time  Beth 10:30 30 min	
12:10 PM 40-50 min		Cardio Mix  Sara	Sports Circuit  Izzy	Cardio Mix  Sara	POWER INTERVALS  Meshelle	CYCLE SCULPT  SARA	
6:00 PM		THE GAUNTLET  Beth Limited to first 20 people! Level II	Cardio Mix  Lisa	YOGA \$  GG/Sue ----- THE GAUNTLET  Beth Limited to first 20 people! Level II	Foam & Function Training(\$)  Beth	Cardio Kickboxing  Meshelle	
7:00 PM		Crunch Time  Sara 30 min		Crunch Time  Sara 30 min			

Note: All classes are 1 hour unless denoted otherwise in the time section

Please pay for (\$) at desk & get class pass for Yoga, Foam & Function and Gauntlet classes (Gauntlet Effective 2.15.10)



*****Gauntlet Training Program (\$\$ Level II)***** *(If you have joint or back issues – please speak to instructor or Ken before participating)*

Build Strength, Power & Endurance while you burn more calories during this increasingly popular 60 minute class than you would with cardio or weight training alone! Shed all the weight you want or lose those last lingering pounds during The Gauntlet! How many rounds can you last during this hour long class?

*****Gauntlet Training Program*** Effective 2.15.2010 There is a \$20 Annual Equipment Fee required to participate in this program plus a \$1 for each class attending. There will be a monthly drawing for 5 FREE Gauntlet Training Workouts for those who attend!!**

Foam & Function Training (\$)

Experience the benefits of Self-Myofascial Release in this new class! Foam Rolling aids in correcting muscle imbalances, increases joint range of motion, decreases muscle soreness while relieving joint stress. It also aids in decreasing Neuromuscular hypertonicity, Increases extensibility of musculotendinous junction, Increases neuromuscular efficiency and also aids in maintaining normal functional muscular length. Purchase your own personal foam roller from our pro-shop today and start rolling away your sore spots!

Crunch Time

When combined with clean eating, strength & cardio training this very popular 30 minute abs class will help you build a strong core and carve your six-pack! Proper form and different apparatus are demonstrated for a variety of exercises. A great compliment to your current workout!

Fitness Basics

Get back to basics in this fun beginners class that will focus on basic movements and patterns for hi/lo & step. If you are new to group fitness activities, or need to polish up your form, this class is the place to start. Introduction to strength and resistance training, speed & agility drills are also incorporated into this class for an overall workout experience.

Total Body Circuit (Suitable for everyone)

Blast your entire body during this class concentrating on hi/low moves, step and basic strength training and stretching to promote flexibility and increase endurance.

Sports Circuit Blast

Break up the monotony of your work day and challenge yourself with sport specific exercises & agility drills to keep your mind sharp, your core strong & your body moving. Energize yourself for the rest of the day and keep your metabolism revving!

Pure Strength (Great for everyone!)

Functional strength training (exercises that mimic your everyday moves) is one of the best ways to sculpt a lean body while building bone density. This strength training, speed & agility workout will help build stamina while adding to your healthy lifestyle. This is a great class for beginners, women and active adults. Weights up to 50# can be used to challenge you as needed.

Cardio Mix (Suitable for everyone)

This high energy circuit class mixes hi/lo cardio with strength training intervals & abdominal work to sculpt & tone your entire body. Gliding discs, Bender Balls and Steps may also be incorporated for more variety!

Yoga \$ (\$5/members \$10/non members)(Beginner to Intermediate to Advanced)

This Basic Power Yoga class offers a vigorous flowing series of postures to promote flexibility. Class is designed to build endurance & strength. Bring your towel to this class!

Cycle Sculpt

A cardio express cycling class to increase your heart rate with sprints, hill climbs and toning intervals for a complete cardiovascular and strength training workout all in one!

Cycle Crunch this cardio express cycling class focuses on sprints & hill climbs for the first ½ of class & ab/core exercises the other half of class.

Accumulator

The Accumulator is a challenging weight training class to build strength, muscle & endurance. Accumulate exercises while increasing reps and weights (or decrease for variety). Plyometric exercises, body weight exercises are also incorporated into this class for a complete body workout.

Power Intervals

This challenging hi/lo class incorporates intervals combining strength, core & cardio for an all over total body workout.

Please pay for classes with a designated fee (\$) at the front desk prior to participating. Thank you!

Buy a class pass for Group X classes at the front desk. Each pass is good for 10 classes

Members get 10 (\$) fee based classes for \$35 or \$65 for Non-Members to attend 10 any Level I classes currently offered

All classes on this schedule are Level I classes EXCEPT Gauntlet Training Program this is a Level II class & requires \$1 pay for play plus a \$20 Annual Equipment Fee