

























# BRICKHOUSE GROUP FITNESS SCHEDULE

30 N. Groesbeck Hwy. Mt. Clemens, MI 48043 (586) 469-8090 [www.brickhousehfc.com](http://www.brickhousehfc.com) Effective June 28th 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Great Balls & Bands  Marissa	Reserved for Body Envy	Instructor Choice  Marissa	Reserved for Body Envy	Cycle Circuit  Marissa	
8:00 AM	 Beth 8am	Yoga \$  GG/Sue 8:30am	 Beth 8am	Yoga \$  GG/Sue 8:30am	 Beth 8am	 Beth 8am
8:30 AM	\$\$		\$\$		\$\$	\$\$
9:00 AM	Total Body Circuit  Izzy 9:15am		Pure Strength  Izzy 9:15am		Foam & Function Training (\$)  Beth 9:15am	Total Body Circuit  Izzy
9:15 AM						
10:00 AM	Fitness Basics  Izzy 10:15	 Beth 10am	Crunch Time  Beth 10:30 30 min	 Beth 10am	Crunch Time  Beth 10:30 30 min	
10:15 AM		\$\$		\$\$		
10:30 AM						
12:10 PM	Cycle Circuit/or Step  Sara		Cycle Circuit/or Step  Sara	Sports Circuit  Izzy		
40-50 min						
5:00PM	 Beth \$\$		 Beth \$\$			
6:00 PM	 Beth \$\$	Cardio Mix  Lisa	 Beth \$\$		Cycle Circuit  Sara	
7:00 PM			Yoga \$  GiGi/Sue	Room Reserved 7pm-8pm 5/20-6/24 Team Fit Zumba Register with <a href="http://www.teamfitcorp.com">www.teamfitcorp.com</a>	<p>Note: All classes are 1 hour unless denoted otherwise in the time section</p> <p>Please pay for (\$) at desk &amp; get session pass for Yoga, Foam &amp; Function and Gauntlet Sessions</p> <p>Specified Reserved Times are for outside paid use &amp; not part of BH classes offered. Individual registration is required.</p>	
8:00pm		Reserved for Zumba Beg. 7/6				



**\*\*\*Gauntlet Training Program (NOT GOOD WITH Punch Card)\*\*\*** *(If you have joint or back issues – please speak to instructor or Ken before participating)*

Build Strength, Power & Endurance while burning more calories during this increasingly popular functional training 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 training session? Perfect for athletic conditioning, military, police, fire, MMA training, sports specific training, agility & speed training & so much more. Training is lead by Beth Downey, B.S. - Certified Personal Trainer.

**\*\*\*Gauntlet Training Program\*\*\*** **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!

### **Yoga \$ (\$5/members \$10/non members)**

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

## **The following classes are included in your monthly membership at no additional cost!**

### **Cycle Circuit**

A cycle class for everyone! Cycle Circuit alternates between sprints, jumps, seated flats, seated climbs, standing climbs and toning & strength intervals for a complete cardiovascular and strength training workout all in one!

### **Instructor Choice**

Be prepared for anything but boredom during this class! You might find yourself working to your max with weight training or waking up your metabolism and heart rate with circuit training.

### **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!

### **Great Balls & Bands**

This class begins with a fun & energetic warm up with the stability ball and moves into core & strengthening exercises for the entire body. Bands, gliding discs, medicine balls & bender balls will also be used to train & target specific body parts for a fun & challenging workout for everyone.

### **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** 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**

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**

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!

### **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 classes currently offered **EXCEPT Gauntlet Training**

The Gauntlet Training Program requires \$1 pay for play plus a \$20 Annual Equipment Fee (renewable every February 1<sup>st</sup>)