

# September Free Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am Boot Camp For Beginners	9:30 am Ab's & More w/Thia	8:30am Cardio Sculpt w/Jennifer	9:30 am Zumba w/ Thia (Max. 35 ppl)	9:00 am Deep Water Workout w/Paula	9:30 am Body Fit w/Jennifer (Multi Purpose)	8:00 am SPC Crossfit (Fieldhouse)
11:00 am Gentle Yoga w/Gopi	10:45 am SS Cardio Circuit (Courts)	9:00 am Deep Water Workout w/Paula	10:45 am SS Cardio Circuit w/Anne (Courts)	9:15 am T-Bow w/Melissa	9:45 am SS Cardio Circuit	8:15 am Total Body Toning w/Peggy
	11:30 am Wellness Yoga w/Gopi	9:45 am Strength & Step w/Jan	11:45 am SS Yoga Stretch w/Angie	10:30 am Pilates w/Ann V.	10:45 am SS Yoga Stretch w/Angie	8:30 am Aqua Aerobics w/Lori
	1:00 pm SS MSROM w/Anne	10:00 am SS MSROM w/Barb (courts)	1:00 pm SS MSROM w/Paula	10:00 am SS MSROM (Courts)		9:00 am Kickboxing w/Greg
	4:30 pm Ex. Ball Conditioning w/Angie	12:00 pm SS Silver Splash w/Anne	6:00 pm Boot Camp w/ Greg (Track)	12:00 pm SS Silver Splash w/Anne		9:00 am Zumba w/Dana (Courts)
	6:00 pm SPC Crossfit (Fieldhouse)	6:00 pm SPC Crossfit (Fieldhouse)	6:30 pm Deep Water Workout w/Paula	6:00 pm Boot Camp w/ Dwayne (track)		9:30 am Vinyasa Yoga w/Aimee
	5:45 pm Zumba w/Dana (Max. 35 ppl)	6:15 pm 20/20/20 w/Jan	7:30 pm Wellness Yoga w/Gopi	6:15 pm Step Interval w/Peggy		10:00 am Boot Camp w/Greg (track)
	7:30 pm Wellness Yoga w/Gopi	7:15 pm Kickboxing w/Monica	5:00pm T-Bow w/Melissa	6:30 pm Zumba w/Dana (Courts)		
		7:30 pm Advanced Yoga w/Gopi		7:15 pm Kickboxing w/Monica		
		7:30 pm Zumba Tone w/Dana (Max. 35 ppl)		7:30 pm *Kundalini Yoga w/Gopi		

**Just Added!**  


**Wednesdays @ 5:00pm**  
**Thursdays @ 9:15 am**

"Now available in the US from Europe, T-BOW®-The Swiss Army Knife of Exercise. This low impact yet high calorie burning and fat melting workout simultaneously trains your core, balance, cardio, strength, coordination and flexibility at once like no other while encouraging joint health. Sweeping the nation with it's one of a kind FUNctional training is now offered at the TFC."

[www.t-bow-usa.com](http://www.t-bow-usa.com)



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# **SPINNING®**

The *Spinning®* program is the most popular group cycling class because it's an unmatched way to make your fitness goals a reality.

**One 55 minute class =  
18-20 miles or 2 hours of  
outdoor biking.**

\*\*Registration is required for the class and can be done at the TFC front desk a maximum of one hour in advance of the posted class time. Since space is limited to 14 participants, numbers will be given, one per person on a first come first serve basis. TFC reserves the right to cancel any class at any time due to low attendance.

### Spinning Class Fees

Pass holder      Other

\*\*First Time Participant - Try your first class free\*\*

Per Class	\$5	\$11
Monthly Unlimited	\$15	\$25
6-Class Pass	\$20	\$30 (exp. After 3 months)

MON	6:15 am w/ John	9:45 am SpinFlex w/Anne	6:15 pm w/Ted
TUES	9:45 am w/Jenny H.		6:15 pm w/Monica
WED	6:15 am w/Jeff	12:15 pm w/John	6:00 pm w/ John
THURS	9:45 am w/Derek		6:15 pm w/Monica
FRI	6:15 am w/Ted		
SAT	7:15 am w/John	9:45 am w/ John	

## **SpinFlex**

½ hour of spinning with ½ hour of muscle strengthening with bands and weights. Start with a ride and end with upper body training using flex bands, tubing or dumbbells to create a ***total body workout.***

Join Anne Mondays at 9:45am \*Class fees apply

# **E x t r e m e A b s**



Want to bust that gut?

Join Debbie, for an intense Abdominal and Core workout  
The goal: 1000Crunches,  
Are you up to the challenge?

Sept. 13th 7:15 pm  
Sept. 27th 7:15 pm  
FREE to TFC passholders

## **Healthy Eating:**



**Enjoy  
plenty of  
whole  
grains,  
fruits and  
vegetables.**

