



### Club Hours

Monday – Thursday 5am - 9pm  
 Friday 5am - 8pm  
 Saturday 8am - 5pm  
 Sunday 1pm - 5pm

### Child Care Hours

Monday – Thursday 8am - noon  
 4pm - 8pm  
 Friday 8am - noon  
 4pm - 7pm  
 Saturday 8am - noon

**601-939-2122**

## Brandon/Pearl Club

Effective Date: January 9, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 am						Energy Zone
8:30 am	Step Explosion	Combat Kick	Hi/Lo Retro or Drums Alive	Combat Kick	Super Cycle*	
9:00 am	Super Cycle*		Raw Power		Step Explosion	Move 2 Lose
9:15 am		Brand New Body		Brand New Body		
9:30 am	Dynamic Power		Ab Attack		Dynamic Power	Zumba
10:00 am	Move 2 Lose	Pure Yoga		Pure Yoga	Move 2 Lose	
4:30 pm	Energy Zone		Energy Zone			
4:45 pm		Super Cycle*		Super Cycle*		
5:15 pm	Ab Attack	Buns & Guns	Ab Attack	Buns & Guns		
5:30 pm	Raw Power		Raw Power			
5:45 pm		Zumba		Zumba		
6:00 pm	Spintacular*		Spintacular*			
6:30 pm		Pure Yoga		Pure Yoga		
6:45 pm	Rotating Specialty		Simple Step			

### LAND AEROBICS

**AB ATTACK** (15 min All Levels) 15 minutes to flatter, toner abs!

**BRAND NEW BODY** (45 min All Levels) Head-to-toe toning moves! A personal training type workout in a group setting. You'll achieve more and push harder to get the change in your body that you want.

**BUNS & GUNS** (30 min All Levels) 30 minutes to *target* trouble areas! Fight the flab & jiggle with great toning moves.

**COMBAT KICK** (45 min Int/Adv) Feel strong & powerful! All cardio all kickbox for max caloric burn and maximum heart-rate.

**DYNAMIC POWER** (30 min All Levels) Dynamax Balls, Dynabands & Dynamic moves = one powerful workout. A total new way to sculpt your body AND push you to your limits.

**ENERGY ZONE** (45 min Int) Cardio step and toning! Get it all in this 45 minute class. You'll leave feeling great from powerful step moves and full-body sculpting.

**HI/LO RETRO / DRUMS ALIVE** (30 min All Levels) Rotating weeks of Hi/Lo Retro and Drums Alive.

**MOVE 2 LOSE** (30 min Beg) A fun low-impact aerobic workout with non-intimidating choreography for women wanting fat burning weight loss, women who are pregnant or just beginning a workout program.

**PURE YOGA** (30 min All Levels) Enjoy the challenge and flow of a pure Yoga class. Enhance flexibility, toning and balance with traditional Yoga poses.

**RAW POWER** (30 min Int/Adv) It's all you! Cardio and power strength moves that will keep you moving and burn calories.

**ROTATING SPECIALTY** (30 min All Levels) It's dance you say you like? Or maybe sports conditioning? Or maybe Drums Alive? This class changes every 4-6 weeks to bring you a new fun and exciting workout.

**SIMPLE STEP** (30 min Beg) A fun and exciting aerobic step workout with non-intimidating choreography for women wanting fat burning weight loss, or just beginning a workout program. This class will introduce you to the world of step.

**\*SPINTACULAR** (45 min Int/Adv) A spectacular way to burn up to 550 calories. The music will keep your heart-rate pumping and your legs moving. A great, non-impact cardio workout suitable for beginner to advanced spinners. Instructor guided rides allow beginning spinners to work at their own level or the intermediate/advanced spinners to keep-up with more intensity.

**STEP EXPLOSION** (30 min Int/Adv) Explosive cardio and explosive moves on the step!

**\*SUPER CYCLE** (30 min All Levels) Group cycling in a fun and fast way. 30 minutes of cardio cycling is guaranteed to blast your fat burning through the roof!

**ZUMBA** (45 min Beg/Int) Ditch the workout and join the party as you dance away the inches to the newest workout beat – Latin, jazz, hip-hop, salsa and world beats make it a blast!

\*indicates a group cycling class

**CHECK US OUT ON THE WEB**  
[www.fitnesslady.com](http://www.fitnesslady.com)

# Water Aerobics – Brandon/ Pearl Club

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Early Bird Water	Early Bird Water	Early Bird Water		Early Bird Water		
8:15am	Makin' Waves		Makin' Waves		Makin' Waves		
8:30am						Aqua Cardio n' Sculpt	
9:00am	Aqua Cardio n' Sculpt	Rip Tide	Specialty Splash	Rip Tide	Aqua Cardio n' Sculpt		
9:30 am			Aqua Pump				
10:00am	EZ Does It	EZ Does It	EZ Does It	EZ Does It	EZ Does It		
11:00am	EZ Does It		EZ Does It		EZ Does It		
2:00pm							Aqua Cardio n' Sculpt
4:30pm	Aqua Core n' More		Aqua Core n' More				
4:45pm		Aqua Cardio n' Sculpt		Aqua Cardio n' Sculpt			
5:30pm	Rip Tide		Rip Tide				
5:45pm		Makin' Waves		Makin' Waves			
6:30pm	Specialty Splash		Aqua Pump				

**AQUA CARDIO n' SCULPT** - (60 min Int) Get fit with this intermediate level water aerobics class combining cardio and toning. This class is guaranteed to shape you up with no stress on the back or knees. Great for pregnant women!

**AQUA CORE n' MORE** - (60 min Int) Begin your full body workout with awesome cardio exercises. Then take your workout to the next level with the toning, strengthening, flexibility and balance of Pilates, Yoga and Tai Chi all done in the water. A great workout for pregnant women because all abdominal exercises are done in the buoyancy of the water.

**AQUA PUMP** - (30 min Int) All toning all the time! 30 minutes of aqua toning exercises for a full body workout.

**EARLY BIRD WATER** - (60 min Int) A fun, intermediate level water class for the early riser.

**EZ DOES IT** - (60 min Beg) Simple movements in the water to increase flexibility, strength, and stamina, for the elderly, arthritic or just beginning a workout program.

**MAKIN' WAVES** - (45 min Int) Non-stop cardio fat burning in the water utilizing your favorite pool-side tools.

**RIP TIDE** - (60 min Int) Change your shape and cardio endurance all for the better with this one hour of all out cardio in the water!

**SPECIALTY SPLASH** - (30 min Beg) Fun, fun, fun plus a fabulous workout. Come try our new & exciting rotating specialty class in the water. Aqua Zumba, Aqua Pilates, Aqua Game Day & much more....

## Open Swim Times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am–5:30am	5:00am–5:30am	5:00am–5:30am	5:00am–9:00am	5:00am–5:30am	8:00am–8:30am	1:00pm–2:00pm
6:30am–8:15am	6:30am–9:00am	6:30am–8:15am	11:00am–12:30pm	6:30am–8:15am	9:30am–4:45pm	3:00pm–4:45pm
12:00pm–4:30pm	11:00am–4:45pm	12:00pm–4:30pm	2:30pm–4:45pm	12:00pm–7:45pm		
7:00pm–8:45pm	6:30pm–8:45pm	7:00pm–8:45pm	6:30pm–8:45pm			

\*Pool closes 15 minutes before building closes.

\*\*Pool **CLOSED** for maintenance **Thursdays**, between the hours of **12:30pm – 2:30pm**