



Club Hours

Monday – Thursday 5am – 9pm
 Friday 5am – 8pm
 Saturday 8am – 5pm
 Sunday 1 pm -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 11, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 am						Steptastic	
8:30 am	Energy Zone	CCFC	Box & Bells	CCFC	Energy Zone		
9:00 am						Zumba	
9:15 am	Spintastic*	Brand New Body	Drums Alive	Brand New Body	Spintastic*		
9:45 am						Move 2 Lose	
10:00 am	Fit Yoga	Move 2 Lose		Move 2 Lose	Fit Yoga		
10:15 am						Fit Yoga	
2:00 pm							CCFC
4:45 pm	Energy Zone	Move 2 Lose	Energy Zone	Move 2 Lose			
5:30 pm	Zumba	Fab Abs	Spintastic*	Fab Abs			
5:45 pm		CCFC		CCFC			
6:15 pm	Spintastic*		Zumba				
6:30 pm		Brand New Body		Brand New Body			
7:00 pm	Fit Yoga						

LAND AEROBICS

BOX & BELLS (45 min./Int./Adv.) Boxing and the new cardio kettle bells allow you to tone and get in great a great cardio workout at the same time.

BRAND NEW BODY (45min./Int.) The best of personal training in a group setting. Let our instructors guide you to a complete body sculpting makeover!

CCFC (45 min./Int.-Adv.) (Cardio Conditioning For Chicks) Get ready for 45 minutes of all cardio all the time! Kick your calorie burning up a notch with a combination of box, hi-lo, and cardio interval drills.

DRUMS ALIVE (30 min./Int.) You become the Rockstar in the newest workout around! Hi/Lo Cardio and Drumsticks on the stability ball combine to burn calories and tone arms.

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

FAB ABS (15 min./All Levels) Motivating music and ab blasting intervals equals rockin results.

FIT YOGA (30 min./All Levels) Tone, Lengthen, and stretch with all the latest moves from the Kelly Ripa, Physique 57 Workout.

MOVE 2 LOSE (30 min./Beg) A fun low-impact aerobic workout for women wanting to lose 20lbs or more with easy & fun choreography.

SENIOR FIT (45 min./Beg.) Simple movements to improve flexibility, strength and stamina.

***SPINFINITI** (45-60 min./Int.-Adv.) Great music, fast paced and a non-impact workout on the bike. Burn up to 550 calories per class

STEPTASTIC (45 min./Int.) Have fun and keep moving with this heart pumping step class with creative choreography!

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 other world beats make it a blast! Zumba tone option available in all Zumba classes.

www.fitnesslady.com

**denotes cycling classes*

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	Early Bird Water		
8:15am	Makin' Waves		Makin' Waves		Makin' Waves		
8:45am						Aqua Fit	
9:00am	Aqua Fit	Aqua Fit	Aqua Pilates	Aqua Fit	Aqua Fit		
10:00am	EZ Does It	EZ Does It	EZ Does It	EZ Does It	EZ Does It		
2:00 pm							Aqua Fit
4:30 pm	Aqua Fit		Aqua Fit				
4:45 pm		Rip Tide		Rip Tide			
5:30 pm	Makin Waves		Makin Waves				
5:45 pm		Aqua Fit		Aqua Fit			

AQUA FIT – (1hr. Int.) A fun, 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.

AQUA PILATES- (1 hr. Int.) 30 minutes of cardio followed by 30 minutes of pilates in the water.

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 out of shape.

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

RIP TIDE- (1 hr. - Int./Adv.) A full hour of non stop cardio to burn calories and get your heart pumping.