



September 2011 Adult Fitness Calendar



CLASSES IN RED = additional drop-in fees

	Tue	Wed	Thu	Fri	Sat	
	Find us on Facebook Fitness Connection Cayman Islands and click the " Like " button		1. 5:30pm Aquatic Bootcamp-LR 6:30pm-Kickboxing DB	2. 8:30am- Yoga/Pilates LIN 8:30am -Water Fitness LR	3. 8:30am -Intervals LR 8:30am- Water Fitness LIN	
	5. 8:30am-Circuits LR 8:30am-Water Fitness LIN 6pm- Int adv. Interval LR 7pm- Core Essentials Starts next week	6. 8:30am Tone Zone LIN 5:30pm-Aqua Bootcamp-LR 5:30pm- Yoga/Pilates 1/6 6:30pm- Yoga/Pilates 1/6 7.00pm- Adult Swim-DB	7. 8:30am-Step and Abs LR 8:30am- Water Fitness LIN 6pm- Circuit Training LR	8. 5:30pm Aquatic Bootcamp-LR 6:30pm-Kickboxing DB	9. 8:30am- Yoga/Pilates LIN 8:30am -Water Fitness LR	10. 8:30am -Intervals LR 8:30am -Water Fitness LIN
	12. 8:30am-Circuits LR 8:30am-Water Fitness LIN 6pm- Int adv. Interval LR 7pm- Core Essentials LR	13. 8:30am Tone Zone LIN 5:30pm-Aqua Bootcamp-LR 5:30pm- Yoga/Pilates 2/6 6:30pm- Yoga/Pilates 2/6 7.00pm- Adult Swim-DB	14. 8:30am-Step and Abs LR 8:30am- Water Fitness LIN 6pm- Circuit Training LR	15. 5:30pm Aquatic Bootcamp-LR 6:30pm-Kickboxing DB	16. 8:30am- Yoga/Pilates LIN 8:30am -Water Fitness LR Safe Travels Dan	17. 8:30am -Intervals- LR 8:30am- Water Fitness LIN
	19. 8:30am-Circuits LR 8:30am-Water Fitness LIN 6pm- Int adv. Interval LR 7pm- Core & Flexibility training LR	20. 8:30am Tone Zone LIN 5:30pm-Aqua Bootcamp-LR 5:30pm- Yoga/Pilates 3/6 6:30pm- Yoga/Pilates 3/6 7.00pm- Adult Swim-LR/JJ	21. 8:30am-Step and Abs LR 8:30am- Water Fitness LIN 6pm- Circuit Training LR	22. 5:30pm Aquatic Bootcamp-LR	23. 8:30am- Yoga/Pilates LIN 8:30am -Water Fitness LR	24. 8:30am -Intervals LR 8:30am- Water Fitness LIN
	26. 8:30am-Circuits LR 8:30am-Water Fitness LIN 6pm- Int adv. Interval LR 7pm-Core & Flexibility Training LR	27. 8:30am Tone Zone LIN 5:30pm-Aqua Bootcamp-LR 5:30pm- Yoga/Pilates 4/6 6:30pm- Yoga/Pilates 4/6 7.00pm- Adult Swim-LR/JJ	28. 8:30am-Step and Abs LR 8:30am- Water Fitness LIN 6pm- Circuit Training LR	29. 5:30pm Aquatic Bootcamp-LR	30. 8:30am- Yoga/Pilates LIN 8:30am -Water Fitness LR	Fitness Connection Trainers: LR—Laura Ribbins LIN—Linda Rayner DB– Dan Bailey JJ-Jessica Jackson NS– Nicola Sowerby PM—Penny McDowall

SPECIALTY COURSES PRE-REGISTRATION REQUIRED.

Adult Fitness Classes

September 2011

*** This symbol indicates specialty courses which have specific start dates. Please call for more information. Not included in membership.

Studio Class Descriptions

Cardio Fusion

A fantastic full body workout integrating low impact aerobics with Slide, BOSU, Resist-a-Ball and strength training to challenge the mind and body.

Tone Zone

Join us for a different spin on body toning. Experience a body sculpting class that involves the use of hand weights, and other resistance type "toys" to sculpt, firm, tone and tighten all your muscle groups and leave you feeling energized!

Step & More!

A fantastic fat-burning class combining moves on the step and BOSU to get the heart pumping and calories burning. Come and improve your strength, balance and co-ordination all in awesome class.

* Yoga/Pilates

Treat yourself to a very special, relaxing, yet surprisingly invigorating workout. This class combines two very popular disciplines, the Eastern Tradition of Yoga and the works of Joseph Pilates. The exercises practiced in class will strengthen the core muscles of the body, improve posture, balance and flexibility and lift your spirit by creating a sense of accomplishment and well-being.

+ Friday 8:30 am class included in membership. Non-members drop-in for \$15.

Intermediate Intervals- Circuit Training

A drills and skills workout that includes resistance and strength training, without "the aerobics". Various stations, working for allotted time periods. Covering all aspects of fitness. Aerobic, core stabilization & resistance training. Great for an all over body workout. Guaranteed to leave you feeling like you worked. Men and Women welcome!

Core Essentials: A fantastic class focusing on core-strengthening and toning. Abdominals, Buttocks and Back exercises intensified. We may incorporate Resist-a-balls, BOSU-balls, balance work, free weights and floor time but it is always fun!

Water Class Descriptions

Whether you are new to exercising or are a seasoned athlete, exercising in the pool is a great way to improve your overall fitness. There is no swimming involved and no swimming skills are required.

Water Fitness

A total body workout, utilizing a combination of exercises and training methods to give you a fantastically challenging class. Tone your body and improve your overall fitness.

FACILITY RATES/PRICING INFORMATION:

Non-Members/Drop In	\$15.00 per class
Walk in Monthly Rate	\$75.00 for machine use and classes

SPECIALTY COURSES—PRE-REGISTRATION REQUIRED.

ADULT SWIM LESSONS:

Become more comfortable and move more easily in the water. As an absolute beginner or an experience swimmer who wants to improve your stroke technique and rhythmic breathing these one-hour lessons can help!

4-week session: \$75.00 members \$85.00 non-members \$25.00 Drop-in

Tuesday nights 7:00-8:00

***YOGA/PILATES

This class combines two very popular disciplines, the Eastern Tradition of Yoga and the works of Joseph Pilates.

***Fall 2011 schedule

September 6th-October 11th

October 18th—November 22nd

Tuesday nights

5:30pm- Beginners Class

6:30pm - Advance Class for Level 2/3

6-week course. Non-members: \$90.00. Platinum Members: \$75.00

PERSONAL TRAINING SESSIONS

Personal training is no longer just for the rich and famous. If you need to kick-start your fitness regime, train for a specific event or even learn to swim, we have a personal training program for you. Our professional, certified instructors and trainers will be there to help you every step of the way! Training sessions can be held at Fitness Connection or in the comfort of your own home or pool. Call for details!

Kickboxing Thursday nights 6:30-7:30

Reach your fitness goals and learn a great self defense system through kickboxing. An advanced punching and kicking style blended with leg blocks, knees and elbows, quick steps and slides. The style uses only closed hand movements and is based on speed, reflex and power. All in all a great self defense and fitness workout!

4-week session: \$75.00 members \$85.00 non-member \$25.00 Drop-in



Fitness Connection Cayman Islands
and click the "Like" button