



# The Grove Park Inn Resort Sports Complex

\*Please note that classes and instructors are subject to change.\*

## February 2010 Fitness Class Schedule



**Health Note:** Research has shown there are health risks involved when you fail to properly warm-up or cool down after a strenuous workout. Please refrain from entering a class that is already into the heavy aerobic segment or leaving before completing the cool down.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cycle Class Key</b> R- Recovery E-Endurance S-Strength I-Interval	<b>1</b> 8:15 Body Sculpt LP 9:30 W.E.T. LP 9:30 Pilates KS 5:30 Cycle GJ	<b>2</b> 8:15 Cycle LP 9:30 W.E.T. TS 9:30 Yoga Level 1-2 KW 5:30 Interval Pump LP	<b>3</b> 8:15 Cardio/Abs TS 9:30 W.E.T. LP 9:30 Flow Yoga JH 5:30 Cycle SS	<b>4</b> 8:15 Anusara Yoga JT 9:30 W.E.T. TS	<b>5</b> 8:15 Body Sculpt TS 9:30 W.E.T. TS 9:30 Flow Yoga JH 4:30 Cycle GJ 5:45 Gentle Yoga JS	<b>6</b> 8:15 Cycle SS 9:30 Yoga Basics LH 10:45 Pilates HE
7	<b>8</b> 8:15 Body Sculpt LP 9:30 W.E.T. LP 9:30 Pilates KS 5:30 Cycle GJ	<b>9</b> 8:15 Cycle LP 9:30 W.E.T. TS 9:30 Yoga Level 1-2 KW 5:30 Interval Pump LP	<b>10</b> 8:15 Cardio/Abs TS 9:30 W.E.T. LP 9:30 Flow Yoga JH 5:30 Cycle SS	<b>11</b> 8:15 Anusara Yoga JT 9:30 W.E.T. TS	<b>12</b> 8:15 Body Sculpt TS 9:30 W.E.T. TS 9:30 Flow Yoga JH 4:30 Cycle GJ 5:45 Gentle Yoga JS	<b>13</b> 8:15 Cycle SS 9:30 Yoga Basics LH 10:45 Pilates HE
14	 8:15 Body Sculpt LP 9:30 W.E.T. LP 9:30 Pilates KS 5:30 Cycle GJ	<b>16</b> 8:15 Cycle LP 9:30 W.E.T. TS 9:30 Yoga Level 1-2 KW 4:30 Interval Pump TS	<b>17</b> 8:15 Cardio/Abs TS 9:30 W.E.T. LP 9:30 Flow Yoga JH 5:30 Cycle SS	<b>18</b> 8:15 Anusara Yoga JT 9:30 W.E.T. TS	<b>19</b> 8:15 Body Sculpt TS 9:30 W.E.T. TS 9:30 Flow Yoga JH 4:30 Cycle GJ 5:45 Gentle Yoga JS	<b>20</b> 8:15 Cycle SS 9:30 Yoga Basics LH 10:45 Pilates HE
21	8:15 Body Sculpt LP 9:30 W.E.T. LP 9:30 Pilates KS 5:30 Cycle GJ	<b>23</b> 8:15 Cycle LP 9:30 W.E.T. TS 9:30 Yoga Level 1-2 KW 4:30 Interval Pump TS	<b>24</b> 8:15 Cardio/Abs TS 9:30 W.E.T. LP 9:30 Flow Yoga JH 5:30 Cycle SS	<b>25</b> 8:15 Anusara Yoga JT 9:30 W.E.T. TS	<b>26</b> 8:15 Body Sculpt TS 9:30 W.E.T. TS 9:30 Flow Yoga JH 4:30 Cycle GJ 5:45 Gentle Yoga JS	<b>27</b> 8:15 Cycle SS 9:30 Yoga Basics LH 10:45 Pilates HE
28					<b>Ways to Boost Your Winter Metabolism</b> <ol style="list-style-type: none"> <li>1 Don't skip breakfast.</li> <li>2 Eat more protein (almonds, lean meats, tofu, beans, fish etc.</li> <li>3 Eat frequently, or about every three to four hours. Don't skip meals.</li> <li>4 Eat before you exercise, not after.</li> <li>5 Eat and drink thermogenic heat producing foods such as hot peppers, green tea and cayenne peppers.</li> </ol>	
				LP LaBet Pritchard KW Kaoverii Weber TS Teri Siegel LH Libby Hinsley DW Denise Wilbanks PN Paola Nielsen JH Jakub Holy WJ Will Jones JB John Barry KS Kerri Saum CT Candra Tuit	GG Ginny Grant LV Linden Veillette KP Katherine Paulus HR Heather Edwards AK Ann Kline JT Joe Taft BS Brenda Sears SS Sonia Santana BR Brooke Sullivan MR Marian Ramaikas MC Monica Curwen	