

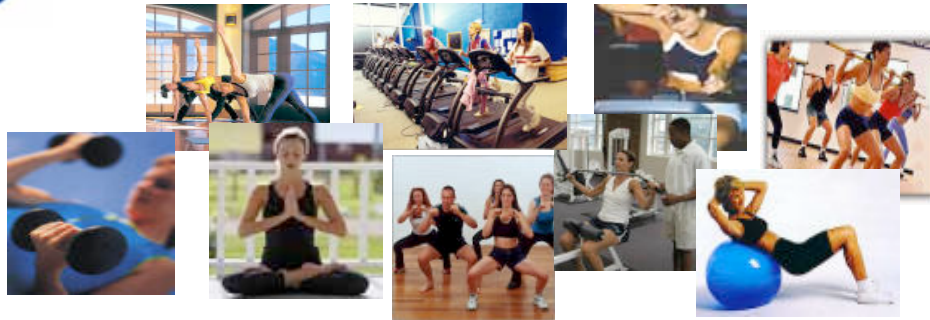


BODY IN BALANCE

611 Old Willets Path Hauppauge
631-232-5350

Hours:

Mon.-Thu. 6AM – 9PM
Fri. 6AM – 8PM
Sat. 7AM – 3PM



FALL 2010

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--------|--|
| Pre-registration required for weekday AM classes. Please call/sign up in office at least 24 hours in advance to guarantee enrollment. | | | | | |
| | | | | | 8:00-9:00 am Zumba (Amy) |
| 9:30-10:30 am Yoga (Joan) | 9:30-10:30 am Pilates Mat (Meghan) | | 9:30-10:15 am Boot Camp (Liz) | | 9:15-10:00 am Total Body Sculpt |
| | | 11:00-12:00 pm Total Body Sculpt (Liz) | | | *10:05-10:50 am Club Fit Yoga Express |
| | 4:30-5:30 pm Zumba (Tina) | | 4:30-5:30 pm Zumba (Tina) | | |
| 6:00-6:45 pm Zumba GOLD (Amy) | | * 6:15-7:00 pm Total Body Sculpt (Krista) | 6:00-7:00 pm Strength for Life | | |
| 7:00-8:15 pm Club Fit Yoga (Krista) | | * 7:05-7:50 pm Club Fit Yoga Express (Krista) | 7:15-8:15 pm Pilates Mat (Meghan) | | |
| | 8:00-9:00 pm Zumba Toning (Amy) | 8:00-9:00 pm Zumba (Amy) | | | |

Fitness Class Fees:

Per class rate- \$12

10 Class Package- \$100 (Get 1 Free Class)

20 Class Package- \$200 (Get 3 Free Classes)

Effective 10/6/10 (subject to change)

see <http://www.bodyinbalancephysicaltherapy.com>

* New class times

Boot Camp: consists of a series of conditioning exercises that will tone, define and strengthen your muscles and your heart. It is a fun and challenging workout that is in an environment that is noncompetitive or judgmental. Body bars and dumbbells from 3 to 10 pounds are recommended for maximum results.

Club Fit Yoga: Ideal for those seeking a more fitness based version of yoga. Based on Vinyasa style, this mind body workout improves strength, flexibility, muscle balance, and relaxation. **Multi-level options make it suitable for all levels.**

Club Fit Yoga Express: Ideal for those seeking a more fitness-based version of yoga packed into 45 minutes. **Multi-level options make it suitable for all levels.**

Pilates Mat: Focusing on the details that make Pilates profound yet accessible, our instructor specializes in working with clients who have existing spine pathologies. Come join us and experience Pilates!

Strength for Life: The group class is for cancer survivors who are currently in treatment. Lead by Certified Cancer Exercise Specialist, clients use modalities such as rebounders, tubing and physioballs to gain strength and flexibility. Each client is carefully monitored with special consideration to individual situation. **Pre-registration and medical clearance are necessary; call Strength for Life at 631-675-6513 (FREE).**

Total Body Sculpt Class: This workout uses light weights and/or body bars to promote muscular endurance, flexibility, and body alignment. **All levels welcome.**

Zumba®: combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries (burns 500-700 calories). It is based on the principle that a workout should be "FUN AND EASY TO DO" in order for Zumba participants to stick to the Zumba fitness program to achieve long-term health benefits. Zumba is not only great for the body, but is also great for the mind. It is a "feel-happy" workout...be prepared to sweat. **Wear comfortable clothes you can move in, smooth bottom or cross-trainer sneakers and bring a water bottle.**

Zumba® Gold: is a fitness program designed for the beginner, active older adult and other special populations that may need modifications for success. This amazing class is incredibly easy to follow so anyone at any age will be able to participate. Gold Participants in this class combine dance rhythms such as Merengue, Salsa, Cumbia, Belly Dance and Cha Cha with strength training. Zumba Gold program improves balance, flexibility and cardiovascular strength. Zumba Gold is the beginner's level of aerobic dance and exercise. It is fun, exciting and a revitalizing class for any one at any level. Get ready to join the party with Zumba Gold!

Zumba® Toning: is an exciting, Latin inspired, dance 'n tone program. This is the original dance-fitness class taken to the next level. Zumba Toning is an innovative muscle training program with the addition of light 2 -3lb hand weights. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. The NEW and exciting Zumba toning program is designed to offer the participant a safe, yet effective total body toning workout! Zumba Toning creates the same party atmosphere as every other Zumba program because the rhythm of the dance is the passion and foundation which keeps the participant engaged and coming back. Zumba Toning is fun, different, challenging and effective and provides, for the participant, a new avenue to weighted activity. **This class is open to everyone, no previous dance or ZUMBA class experience necessary.**