Fitness Center Hours

Monday-Thursday	5 am - 10 pm
Friday	5 am - 9 pm
Saturday	8 am - 8 pm
Sunday	10 am - 6 pm

OMNI HEALTH & FITNESS

Kid Zone Hours

Monday-Friday	8am-noon
	4pm-8 pm
Saturday	8 am - noon

Group Fitness Schedule - MAY 2012

TIME	MON	TUES	WED	THU	FRI	SAT	SUN
6:00 AM	BODYPUMP *Alyssa*	CYCLE *Alyssa*	BODYPUMP *Alyssa*				
8:25 AM	*LEAN MUSCLE* *Warren*	FIT FUSION *Leah*	*LEAN MUSCLE* *Warren*	BOOTCAMP *Leah*		***8:15 am*** BODYPUMP *Alyssa*	
8:25 AM	CYCLE *Ellen*		CYCLE *Ellen*		ABsolute CYCLE *Ellen*		
9:30 AM				CYCLE *Ellen*		SAT. 9:30 A.M. 5/5: ZUMBA Jessica 5/12: CYCLE Debbie Jo 5/19: STEP Candy 5/26: FLOW Amie	
9:30 AM	ZUMBA *Sloane*	BODYPUMP *Ellen*	STEP *Ellen*	ZUMBA *Karina*	BODYPUMP *Candy*		
10:35 AM	SPIN-LATES *Barbara*	10:35 a.m. BODYFLOW *Amie*	SPIN-LATES *Barbara*	10:35 a.m. BODYFLOW *Ellen*			
See time in class block		12:10 p.m. *LEAN MUSCLE* *Warren*		12:10 p.m. *LEAN MUSCLE* *Warren*	12:00 pm YOGA *Courtney*		*NEW TIME* 4:00 pm *LEAN MUSCLE* *Warren*
4:30 PM	BODYFLOW *Candy*	BODYPUMP *Candy*		BODYPUMP *Kristin*			
5:30 PM	BODYPUMP *Candy*	ZUMBA *Sloane*	BODYPUMP *Alyssa*	*KICKBOXING* *Billy*	ZUMBA *Lacey*		
5:30 pm	CYCLE *Leah M.*		CYCLE *Debbie Jo*	CYCLE *Bob*			
6:35 PM		BODYFLOW *Christy*	BODYFLOW *Alyssa*	ZUMBA *Karina*			

Follow us on Facebook for events and specials!

Kangoo Party with Barabara Mondays & Wednesdays at 11:30 a.m.! See back of the schedule for details!

FREE CLASS PASS

Omni Health & Fitness

484-2740

5007 North Davis Hwy. #8

The bearer of this card is entitled to ONE class absolutely FREE
ONE ENTRY PER PERSON PER CARD
LOCAL RESIDENTS ONLY

***CLASSES AND INSTRUCTORS SUBJECT TO CHANGE

Group Fitness Gab - May 2012

Omni Cycle is here! We are offering more Cycle classes per week so you can get your sweat on! What is Omni cycle? In our program you will hit the hills, power the sprints, chase down the competition, and learn firsthand the definition of the word "endurance." This ride has it all! Solid Cycling principles, top-notch coaching, and awesome tunes coming at ya! Get into a class today and meet some of our new Cycle instructors on the team!

Happy May everyone!

Leah Seacrest - Group Fitness Director

CLASS DESCRIPTIONS

BODYFLOW: A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi, and Pilates. Truly a fitness class for the 21st century, BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.

BODYPUMP: A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by the University of Auckland as providing the fastest body fat loss of any fitness class.

BOOTCAMP: This workout will lead you through high intensity strength and cardio exercises outdoors and in the group fitness room. It is designed to challenge your strength and endurance while burning tons of calories. Geared towards all fitness levels...Bring your inner athlete!!

CYCLE: This ride uses stationary bikes to give you an absolute low-impact workout. This class can be designed for all fitness levels from the 1st time attendee to the extremely advanced. A full bottle of water and towel are required. In our program you will hit the hills, power the sprints, chase down the competition, and learn firsthand the definition of the word "endurance." This ride has it all! Solid Cycling principles, top-notch coaching, and awesome tunes coming at ya! **ABsolute CYCLE**: 45 minute Cycle class PLUS 15 minutes of core work!! **SPIN-LATES**: Get your cycle workout and pilates in one class! Join our instructor in the cycle room where you will get cardio on the bike but also extra core work using pilates fitness circles.

FIT FUSION: This class alternates between 3-5 minute of intense cardio, strength and flexibility segments. This is a high intensity interval class geared to maximize calories burned. A fabulous workout to break through your fitness plateau!

KICKBOXING: Punch and kick your way to a brand new body in this action packed & fun cardio class. This class includes short anaerobic drills to help increase your aerobic capacity for quick results.

LEAN MUSCLE: A class with weights, bands, bars, and other forms of resistance to add muscle tone for a great total body workout.

YOGA: In yoga, our focus is on the breath, body alignment, and the mind. Yoga restores health & releases tension & stress. With regular practice, yoga becomes a rhythmic movement involving breath and body.

ZUMBA: Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

Kangoo Party: Have FUN, getting fit with **Kangoo Jumps**--safe rebounding cross-training shoes. Lose weight, protect your joints, tone your whole body, and sculpt your thighs and butt. Feel the joy and energy of life again, in the world without gravity. **This class requires Kangoo Jumps to participate** Limited quantities available for rent. Contact Barbara at 380-5879 for more details.