

## CLASS DESCRIPTIONS

### Body Development

**Body Meta-Max** - Find Your MAX! Circuits are designed with the idea of both strength & endurance: muscular, cardiovascular, and mental. This class is a unique combination of many different training techniques: using the body building principles of muscle isolation and form with a focused mind to muscle connection, the explosive power and use of large compound movements seen in powerlifting, and the core control and stability found in mind/body classes. You will push past your comfort zone and come discover exactly how much you are capable of. **B/C**  
**Drill** - Full body strengthening, utilizing intervals of body and weighted movements. Each workout incorporates a unique warm up and safe cool down with stretching - you'll get the drill! All movements are offered in variations, all levels are welcome. **A/B/C**

**Muscle Attack** - Designed to attack each muscle area, the class has many intense body development methods from high & low reps to various muscle moves. Flexibility & core strength work all muscle groups. **B/C**

**S & M (Strength & Muscle)** - Extreme content...may require advanced level of fitness AND submission! Some language not suitable for some participants. Involves muscle domination and strength intensity beyond your expectations! **B/C**

**Warrior Workout** - Be a weekend warrior in this ultra-challenging body conditioning and functional training class. Be prepared for intense cardio intervals and body sculpting moves that will have you wishing for Monday! **B/C**

### Cardio & Conditioning

**12th Street Step** - A no-nonsense, choreographed approach to step workout designed for the intermediate to advanced fitness enthusiast. Beginners may work at their own pace. **B**

**Body Meta-X** - This cross-training class improves strength, stability, agility, power, and endurance using a mixture of cardio conditioning, calisthenics, plyometrics, and weight training. The classroom is set into small group stations that are approached as a timed obstacle course. Modifications are given for each exercise to challenge both the beginner to the advanced athlete. The only expectation is that you push yourself to do your personal best. **A/B/C**

**Cardio Blast** - Blast your cardio conditioning through the roof with straight forward, easy to follow moves that will get your heart pumping and muscles working. You will challenge both your aerobic and anaerobic threshold every time, so come prepared to get your sweat on! **B/C**

**Cycling** - Join us for a ride! Don't be afraid to sweat your way through an intense workout. **A/B**  
**Easy as 1-2-3\*** - New to group fitness? Need to learn how to work around injuries or other limitations? Learn 3 segments of basic movement with some step aerobics, strength training and stretching. A slower pace and basic choreography that even advanced group fitness enthusiasts will love. **A**

**Fit Blitz** - Come prepared for this circuit style cardio conditioning class that will not leave any muscle unworked, an awesome fat burning and muscle building blitz on the body. **B/C**

**Intensity** - An intense combination of strength and cardiovascular training designed to confuse the muscles into developing a leaner and fitter physique. This is not for the faint-hearted. Never predictable, never boring, always a challenge! **B/C**

**Spartan SGX @12th Street** - This class will challenge you both physically and mentally to push you to the next level! SGX training is more than just training for an obstacle race, its training for any challenge life might throw your way. **A/B/C**

**Sunrise Cycling** - Join 12th street for a sunrise ride! Don't be afraid to sweat your way through an intense workout. **A/B**

**Tae Bo®** - The combination of self-awareness and the control of martial arts, the focus and strength of boxing, and the grace and rhythm of dance. This series of kicks, punches & combinations will challenge and deliver results. Experience a powerful workout that leaves you strong and energized. **A/B/C**

### Core Strength & Balance

**Beyond Balance** - This class combines the use of light resistance training, cardio conditioning, and functional movement to improve strength, balance, and postural alignment. **A**

**Body Meta-Core** - Give your core the ultimate challenge with this intensive test of core endurance and conditioning. **B/C**

**Core With The Ball** - Develop flat, lean and hard abs in just 20 minutes! Core training teaches you to breathe effectively while sustaining stability with the ball. Create more power from the core, stand taller and develop a longer leaner silhouette. **A**

**Express Abs** - Tired of crunches? Learn a variety of techniques to strengthen your abs, lower back and obliques to develop the strong core you crave - in just 20 minutes!

**Off The Barre** - Improve your core strength, challenge your balance, increase your flexibility, and sculpt the long, lean muscle of a ballerina. This body conditioning class is based on the techniques of ballet and modern dance classes with barre inspired moves. **A**

**Pilates Mat** - One of the most popular body-conditioning techniques today, this class emphasizes centering the body and developing the strength of the abdominals and torso muscles. **A**

### Dance Fitness

**Amandla Dance Fitness** - The Zulu word for "Power"- fusing African, Freestyle, Latin, Contemporary & Pop rhythms for an intense cardio workout. This fun filled, high energy, dance fitness class will challenge your muscles. Burn calories while you learn to move your body & have fun! **A**

**Dance Party Time Machine** - In this Cardio Dance Fitness class, you will be taken through a musical time machine. With each song, we'll move forward through the decades as we explore the different choreographic styles of the time, fusing them with high energy, contemporary moves for a great cardio workout. Don't worry, by the time the class is over, we will have landed back safely in 2017. **A**

**Zumba®** - Zumba is Spanish slang for "most fast and have fun!" Dance your way to a fitter you with exciting easy-to-follow moves to the rhythms of traditional cumbia, salsa, samba and meringue music. **A**

### Yoga

**Dao-Yin Yoga\*** - Improve the flow of Chi energy throughout your entire body. Designed to realign the muscular and skeletal systems while increasing flexibility and strength. **A**

**Gentle Vinyasa\*** - Appropriate for the beginner or for the experienced yoga practitioner who is seeking a relaxing rather than a rigorous yoga experience. **A**

**Invigorating Vinyasa** - Mindfulness and precision unite with movement and breath to create a physically challenging class that is appropriate for all levels. Hands on adjustments will help you discover a deeper connection with each posture. **A/B/C**

**Power Yoga** - A progressive Vinyasa power yoga class to improve strength, endurance, correct body alignment, flexibility and stress reduction through sequencing postures. Prior experience in power yoga is recommended. **B/C**

A = All Levels    B = Intermediate    C = Advanced

\*Easy Does It classes are for those who understand the necessity of exercise and cardiovascular fitness, but require a lower intensity workout. The instructor emphasizes the special needs of active adults, the de-conditioned or beginner exerciser, and/or the pre/post-natal woman. Easy Does It classes are excellent for those who are just starting or are resuming an exercise program.

# group fitness schedule

january 2018

early morning

# ADRENALINE PUSH

**SUNRISE CYCLING**  
 Studio 3 • 6:30 AM  
 Monday & Wednesday  
 with Ellen

**DRILL**  
 Studio 1 • 6:00 AM  
 Tuesday & Thursday  
 with Julie

**SUNRISE CYCLING**  
 Studio 3 • 6:30 AM  
 Friday with Angela

### 12th Street Hours

Monday - Thursday  
 Friday  
 Saturday  
 Sunday

5:30 AM - 11:00 PM  
 5:30 AM - 10:00 PM  
 8:00 AM - 8:00 PM  
 8:00 AM - 7:00 PM

204 South 12th Street  
 12streetgym.com • 215.985.4092  
 General Manager/Owner: Frank Baer

12<sup>th</sup>  
 STREET  
 GYM

january 2018

weekday

| Monday   | Tuesday  | Wednesday  | Thursday   |
|--|--|--|--|
| 6:30 AM • 45 mins<br><b>Sunrise Cycling</b><br>Studio 3 • Ellen    | 6:00 AM • 60 mins<br><b>Drill</b><br>Studio 1 • Julie                    | 6:30 AM • 45 mins<br><b>Sunrise Cycling</b><br>Studio 3 • Ellen        | 6:00 AM • 60 mins<br><b>Drill</b><br>Studio 1 • Julie                        |
| 12:00 PM • 60 mins<br><b>Body Meta-Max</b><br>Studio 1 • Kristin   | 10:00 AM • 45 mins<br><b>Easy as 1-2-3</b><br>Studio 1 • Sgt. Nate       | 12:00 PM • 60 mins<br><b>Body Meta-Max</b><br>Studio 1 • Kristin       | 12:00 PM • 45 mins<br><b>Amandla Dance Fitness</b><br>Studio 1 • Marcel      |
| 12:00 PM • 45 mins<br><b>Pilates Mat</b><br>Studio 2 • Christina   | 12:00 PM • 45 mins<br><b>Intensity</b><br>Studio 1/Outdoors • Midge      | 12:00 PM • 45 mins<br><b>Pilates Mat</b><br>Studio 2 • Christina       | 12:00 PM • 45 mins<br><b>Power Yoga</b><br>Studio 2 • Lindsay                |
| 12:30 PM • 60 mins<br><b>Beyond Balance</b><br>MMA Room • Judy     | 12:00 PM • 45 mins<br><b>Power Yoga</b><br>Studio 2 • Brian              | 12:30 PM • 60 mins<br><b>Beyond Balance</b><br>MMA Room • Judy         | 12:00 PM • 45 mins<br><b>Cycling</b><br>Studio 3 • Kristin                   |
| 5:30 PM • 60 mins<br><b>Body Meta-Max</b><br>Studio 1 • Kristin    | 12:00 PM • 45 mins<br><b>Cycling</b><br>Studio 3 • Kristin               | 5:30 PM • 60 mins<br><b>Body Meta-X</b><br>Studio 1 • Kristin          | 12:00 PM • 60 mins<br><b>Intensity</b><br>Racquetball Court/Outdoors • Midge |
| 5:30 PM • 60 mins<br><b>Dao-Yin Yoga</b><br>Studio 2 • Chik        | 5:30 PM • 60 mins<br><b>Cardio Blast</b><br>Studio 1 • Maria             | 5:30 PM • 60 mins<br><b>Dao-Yin Yoga</b><br>Studio 2 • Chik            | 5:30 PM • 45 mins<br><b>Off The Barre</b><br>Studio 2 • Linnea               |
| 5:45 PM • 45 mins<br><b>Cycling</b><br>Studio 3 • Judy             | 5:30 PM • 60 mins<br><b>Dance Party Time Machine</b><br>Studio 2 • Kelly | 5:45 PM • 45 mins<br><b>Cycling</b><br>Studio 3 • Maggie               | 5:45 PM • 45 mins<br><b>Cycling</b><br>Studio 3 • Judy                       |
| 6:30 PM • 60 mins<br><b>Tae Bo®</b><br>Studio 1 • Stacey           | 5:45 PM • 45 mins<br><b>Cycling</b><br>Studio 3 • Angela                 | 6:30 PM • 60 mins<br><b>Amandla Dance Fitness</b><br>Studio 1 • Marcel | 6:30 PM • 60 mins<br><b>Spartan SGX @12th Street</b><br>Studio 1 • Nicholas  |
| 6:30 PM • 20 mins<br><b>Express Abs</b><br>Studio 2 • Daria        | 6:30 PM • 60 mins<br><b>Muscle Attack</b><br>Studio 1 • Maria            | 6:30 PM • 45 mins<br><b>Body Meta-Core</b><br>Studio 2 • Kristin       | 6:45 PM • 45 mins<br><b>Cycling</b><br>Studio 3 • Nicole                     |
| 6:45 PM • 45 mins<br><b>Cycling</b><br>Studio 3 • Kristin          | 6:30 PM • 60 mins<br><b>Gentle Vinyasa</b><br>Studio 2 • Christina       | 6:45 PM • 45 mins<br><b>Cycling</b><br>Studio 3 • Judy                 | 7:30 PM • 60 mins<br><b>Intensity</b><br>Studio 1/Outdoors • Midge           |
| 7:00 PM • 20 mins<br><b>Core With The Ball</b><br>Studio 2 • Daria | 6:45 PM • 45 mins<br><b>Cycling</b><br>Studio 3 • Heather                | 7:30 PM • 60 mins<br><b>S &amp; M</b><br>Studio 1 • Midge              |  |
| 7:30 PM • 60 mins<br><b>S &amp; M</b><br>Studio 1 • Midge          | 7:30 PM • 60 mins<br><b>Power Yoga</b><br>Studio 2 • Lindsay             |  |  |
| 7:30 PM • 60 mins<br><b>Zumba</b><br>Studio 2 • Rachel             |  |  |  |

weekend

| Friday  | Saturday  | Sunday   |
|---|---|--|
| 6:30 AM • 45 mins<br><b>Sunrise Cycling</b><br>Studio 3 • Angela        | 8:30 AM • 45 mins<br><b>Cycling</b><br>Studio 3 • Devery          | 10:00 AM • 60 mins<br><b>Power Yoga</b><br>Studio 2 • Brian              |
| 10:00 AM • 45 mins<br><b>Easy As 1-2-3</b><br>Studio 1 • Sgt. Nate      | 9:30 AM • 45 mins<br><b>Fit Blitz</b><br>Studio 1 • Robert        | 10:00 AM • 45 mins<br><b>Cycling</b><br>Studio 3 • Kristin               |
| 11:30 PM • 45 mins<br><b>Body Meta-X</b><br>Studio 1 • Kristin          | 10:00 AM • 60 mins<br><b>Dao-Yin Yoga</b><br>Studio 2 • Stephanie | 12:00 PM • 60 mins<br><b>Warrior Workout</b><br>Studio 1 • Midge         |
| 12:30 PM • 60 mins<br><b>Beyond Balance</b><br>Racquetball Court • Judy | 10:00 AM • 60 mins<br><b>Cycling</b><br>Studio 3 • Judy           | 4:00 PM • 90 mins<br><b>Invigorating Vinyasa</b><br>Studio 2 • Christina |
| 12:430 PM • 45 mins<br><b>Cycling</b><br>Studio 3 • Kristin             | 11:00 AM • 60 mins<br><b>12th Street Step</b><br>Studio 1 • Sean  |  |
| 5:30 PM • 45 mins<br><b>Cycling</b><br>Studio 3 • Maggie                | 11:00 AM • 45 mins<br><b>Pilates Mat</b><br>Studio 2 • Marie      |  |
|   | 12:00 PM • 20 mins<br><b>Express Abs</b><br>Studio 1 • Sean       |  |

- 12th Street Gym Class Policies**
- 1) Please do not enter the studio before the current class is finished.
  - 2) Be on time. The warm-up is important to avoid injury. For safety reasons, do not enter a class if you are more than 10 minutes late.
  - 3) Proper aerobic footwear is required.
  - 4) Please inform your instructor if you are pregnant or have any limitations.
  - 5) All equipment (steps, weights, mats, tubing and jump ropes) must be returned to their proper storage area.
  - 6) No saving spaces before class begins.
  - 7) For your safety, High-intensity Sports Conditioning Classes are limited to 35 participants and Dance & Mind/Body Classes are limited to 40 participants. Instructors must enforce these limits.

Class & instructor scheduling may change during holiday periods. Check in-club postings, 12th Street's website or call 215-985-4092 for changes.

**Kids' Swim Club Hours**  
 Tuesday & Thursday: 2:00 PM-5:30 PM  
 Wednesday: 10 AM - 11 AM  
 Saturday: 1 PM - 3 PM  
 There will be children in the pool at these times.

🕒 Time Change    🌟 New Class    😊 New Instructor    🧠 Mind/Body Classes    ↔ Studio Change    🗄 Easy Does It Class    🚫 Limit of 10 Participants

🚩 FIRST WARNING: Decline of class participation for last 30 days    🚩 SECOND WARNING: Decline of class participation for last 60 days    🚩 CLASS WILL BE CANCELLED AT END OF MONTH Decline of class participation for last 90 days

**FREE SMALL GROUP PERSONAL TRAINING\***  
*\*Must register in advance for these classes. Included FREE with your 12th Street Membership!*

|   |   |   |  |  |  |
|---|---|---|--|--|--|
| <br>Marius Arhire | <br>Bill Bell | <br>Nicholas Cowell | <br>Noe Espinosa | <br>Megan Nino | <br>Sheena Ohlig |
| <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  | <b>Saturday</b>  |
|   | 7 am with Megan   | 7 am with Sheena  | 7 am with Noe  |  | 10 am with Sheena  |
| 6 pm with Noe   | 12 pm with Nick   | 6 pm with Noe   | 12 pm with Nick  |  |  |
| 7 pm with Marius  | 6 pm with Bill  | 7 pm with Marius  | 6 pm with Bill   |  | 1 pm with Nick   |

\*Studio 1 is reserved for the duration of this class. To Enroll for Sessions Contact:  
 Marius, arhiremarius@gmail.com, Bill, wellnessbell@gmail.com, Nick, noexcusesphilly@gmail.com, Noe, go2maxfitness@yahoo.com, Megan, megananino@vigorvida.com, or Sheena, sheena.ohlig@gmail.com