

## CLASS DESCRIPTIONS

### Aquatic Fitness

**Aqua Conditioning\*** - Build strength & burn fat with this non-impact, intense thorough body workout! **A**

**H2O Aerobics\*** - Get wet! Water aerobics strengthens & tones the muscle groups with no impact to the joints! **A**

### Body Development

**Body Max** - Find your MAX! Circuits are designed with the idea of both strength and endurance: muscular, cardiovascular, and mental. Push past your comfort zone and come discover exactly how much you are capable of. **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**

**M.A.D. Fit: Make a Difference** - Intense alternating intervals of body sculpting and aerobics promotes cardiovascular fitness, calorie burn and muscular endurance. This class uses various equipment including dumbbells, bands, body bars, steps and stability balls. **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**

**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**

**H.I.I.T IT** - is a total body, heart pounding, cardio and strength conditioning workout. This interval based class combines full-body strength training and calisthenics with high intensity cardio bursts designed to deliver rapid results. This workout is guaranteed to motivate you and push your physical and mental limits. Modifications for all fitness levels provided. **A/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**

**Step-A-Holics** - Step addicts welcome! This high energy, heart-pumping class uses effective step choreography to keep you moving and grooving to the beat! No two classes are ever the same. **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**

**XFit** - This cross-training class improves strength, stability, agility, power and endurance using cardio, calisthenics, plyometrics, power, strength and toning moves. 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 and advanced athlete. The only expectation is that you push yourself to do your personal best. **A/B/C**

### Core Strength & Balance

**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! **A**

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

**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 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**

**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**

**Flow Yoga\*** - Continuous posture flow, with emphasis on spinal wave movement. **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**

\*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.

A = All Levels    B = Intermediate    C = Advanced

# group fitness schedule

July 2017

## Summer To Do List:

- Strengthen your Core
- Find your Balance
- BE AWESOME**

### Pilates Mat

Monday & Wednesday  
12:00 PM • Studio 2  
Beau/Christina

### Off The Barre

Thursday 5:30 PM  
Friday 12:00 PM  
Studio 2 • Linnea

### Pilates Mat

Saturday  
11:00 AM • Studio 2  
Marie



### 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  
Group Fitness Director: Kristin Nobilette  
knobilette@12streetgym.com  
General Manager/Owner: Frank Baer

**12<sup>th</sup>**  
**STREET**  
**GYM**

July 2017

weekday

Monday	Tuesday	Wednesday	Thursday
6:00 AM • 60 mins <b>H.I.I.T. IT</b> Studio 1 • Zè	6:00 AM • 60 mins <b>M.A.D. Fit</b> Studio 1 • Marjorie	6:00 AM • 60 mins <b>H.I.I.T. IT</b> Studio 1 • Zè	6:00 AM • 60 mins <b>M.A.D. Fit</b> Studio 1 • Marjorie
6:30 AM • 45 mins <b>Sunrise Cycling</b> Studio 3 • Ellen	10:00 AM • 45 mins <b>Easy as 1-2-3</b> Studio 1 • Sgt. Nate	6:30 AM • 45 mins <b>Sunrise Cycling</b> Studio 3 • Ellen	12:00 PM • 45 mins <b>Amandla Fitness</b> Studio 1 • Marcel
12:00 PM • 60 mins <b>Body Max</b> Studio 1 • Kristin	12:00 PM • 45 mins <b>Intensity</b> Studio 1/Outdoors • Midge	12:00 PM • 60 mins <b>Body Max</b> Studio 1 • Kristin	12:00 PM • 45 mins <b>Power Yoga</b> Studio 2 • Lindsay
12:00 PM • 45 mins <b>Pilates Mat</b> Studio 2 • Beau/Christina	12:00 PM • 45 mins <b>Power Yoga</b> Studio 2 • Kayla	12:00 PM • 45 mins <b>Pilates Mat</b> Studio 2 • Christina	12:00 PM • 45 mins <b>Cycling</b> Studio 3 • Kristin
12:30 PM • 60 mins <b>Aqua Conditioning</b> Pool @ Loews • Judy	12:00 PM • 45 mins <b>Cycling</b> Studio 3 • Kristin	12:30 PM • 60 mins <b>H2O Aerobics</b> Pool @ Loews • Judy	5:30 PM • 45 mins <b>Off The Barre</b> Studio 2 • Linnea
5:30 PM • 60 mins <b>Body Max</b> Studio 1 • Kristin	5:30 PM • 60 mins <b>Step-A-Holics</b> Studio 1 • Maria	5:30 PM • 60 mins <b>XFit</b> Studio 1 • Kristin	5:45 PM • 45 mins <b>Cycling</b> Studio 3 • Angela
5:30 PM • 60 mins <b>Dao-Yin Yoga</b> Studio 2 • Chik	5:30 PM • 60 mins <b>Zumba</b> Studio 2 • Kelly	5:30 PM • 60 mins <b>Flow Yoga</b> Studio 2 • Chik	6:30 PM • 60 mins <b>Intensity</b> Studio 1/Outdoors • Midge
5:45 PM • 45 mins <b>Cycling</b> Studio 3 • Judy	5:45 PM • 45 mins <b>Cycling</b> Studio 3 • Angela	5:45 PM • 45 mins <b>Cycling</b> Studio 3 • Angela	
6:30 PM • 60 mins <b>Tae Bo®</b> Studio 1 • Stacey	6:30 PM • 60 mins <b>Muscle Attack</b> Studio 1 • Maria	6:30 PM • 60 mins <b>Amandla Fitness</b> Studio 1 • Marcel	
6:30 PM • 20 mins <b>Express Abs</b> Studio 2 • Daria	6:30 PM • 60 mins <b>Gentle Vinyasa</b> Studio 2 • Christina	6:30 PM • 40 mins <b>Extreme Abs</b> Studio 2 • Kristin	
6:45 PM • 45 mins <b>Cycling</b> Studio 3 • Kristin	6:45 PM • 45 mins <b>Cycling</b> Studio 3 • Heather	6:45 PM • 45 mins <b>Cycling</b> Studio 3 • Judy	
7:00 PM • 20 mins <b>Core With The Ball</b> Studio 2 • Daria	7:30 PM • 60 mins <b>Power Yoga</b> Studio 2 • Lindsay	7:30 PM • 60 mins <b>S &amp; M</b> Studio 1 • Midge	
7:30 PM • 60 mins <b>S &amp; M</b> Studio 1 • Midge			



**Happy 4th of July!**

**Tuesday, July 4, 2017: OPEN 9 AM - 1 PM**

All Group Fitness Classes are canceled on 7/4/17.

**SPECIAL HOLIDAY GROUP FITNESS CLASS SCHEDULE**

<b>SATURDAY, JULY 1:</b> Fit Blitz • 9:30 am • Robert Dao-Yin Yoga • 10:00 am • Stephanie Cycling • 10:00 am • Judy	<b>SUNDAY, JULY 2:</b> Power Yoga • 10:00 am • Brian Warrior Workout • 12:00 pm • Midge Express Abs • 1:00 pm • Midge	<b>MONDAY, JULY 3:</b> H.I.I.T IT • 6:00 am • Zè Body Max • 12:00 pm & 5:30 pm • Midge Pilates Mat • 12:00 pm • Beau Cycling • 5:45 pm • Judy
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Gym is open regular hours 6/30/17-7/3/17. Regular hours and Group Fitness Class Schedule all other days.

weekend

Friday	Saturday	Sunday
6:30 AM • 45 mins <b>Sunrise Cycling</b> Studio 3 • Angela	8:30 AM • 45 mins <b>Cycling</b> Studio 3 • Devery	10:00 AM • 60 mins <b>Power Yoga</b> Studio 2 • Brian
10:00 AM • 45 mins <b>Easy As 1-2-3</b> Studio 1 • Sgt. Nate	9:30 AM • 45 mins <b>Fit Blitz</b> Studio 1 • Robert	10:00 AM • 60 mins <b>Cycling</b> Studio 3 • Maggie
11:30 PM • 60 mins <b>XFit</b> Studio 1 • Kristin	10:00 AM • 60 mins <b>Dao-Yin Yoga</b> Studio 2 • Stephanie	12:00 PM • 60 mins <b>Warrior Workout</b> Studio 1 • Midge
12:00 PM • 45 mins <b>Off The Barre</b> Studio 2 • Linnea	10:00 AM • 60 mins <b>Cycling</b> Studio 3 • Judy	1:00 PM • 20 mins <b>Express Abs</b> Studio 1 • Midge
12:30 PM • 60 mins <b>Aqua Conditioning</b> Pool @ Loews • Judy	11:00 AM • 60 mins <b>12th Street Step</b> Studio 1 • Sean	4:00 PM • 90 mins <b>Invigorating Vinyasa</b> Studio 2 • Christina
12:45 PM • 45 mins <b>Cycling</b> Studio 3 • Kristin	11:00 AM • 45 mins <b>Pilates Mat</b> Studio 2 • Marie	
5:30 PM • 45 mins <b>Cycling</b> Studio 3 • Maggie	12:00 PM • 20 mins <b>Express Abs</b> Studio 1 • Sean	



Time Change



New Class



New Instructor

Mind/Body Classes



Studio Change



Easy Does It Class

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.

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

 Noe Espinosa	 Sheena Ohlig	 Megan Nino	 Fernando Rios			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7 am with Megan	7 am with Sheena	7 am with Noe		10 am with Sheena	10 am with Megan
6 pm with Noe		6 pm with Noe		6 pm TRX with Fernando*	1 pm TRX with Fernando*	

\*Studio 1 is reserved for the duration of this class. To Enroll for Sessions Contact: Noe, go2maxfitness@yahoo.com, Megan, megananino@vigorvida.com, Sheena, sheena.ohlig@gmail.com or Fernando, riosfernando7@aol.com.