

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**

Get On The Ball - The brilliance and simplicity of the stability ball is rolled into one word - balance! You'll work muscles you never knew you had and challenge them in a different way. Added resistance from dumbbells, body bars and more is used in this class. **A**

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**

Power 60 - This class is a HIIT style workout that is designed to improve your cardiovascular endurance, as well as your strength and power output. Test your grit using weights, calisthenics, and plyometrics to hit every muscle group. **B**

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. **AC**

Power Step - This class is designed with straightforward power and athletic step moves without complex choreography. Learn the physical movements and rhythm of step while getting that intense cardio conditioning you crave! **A/B/C**

Recess - Circuit based strength and conditioning class. Consisting of multiple stations using calisthenics, kettlebells, and TRX to whip you into shape. **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**

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**

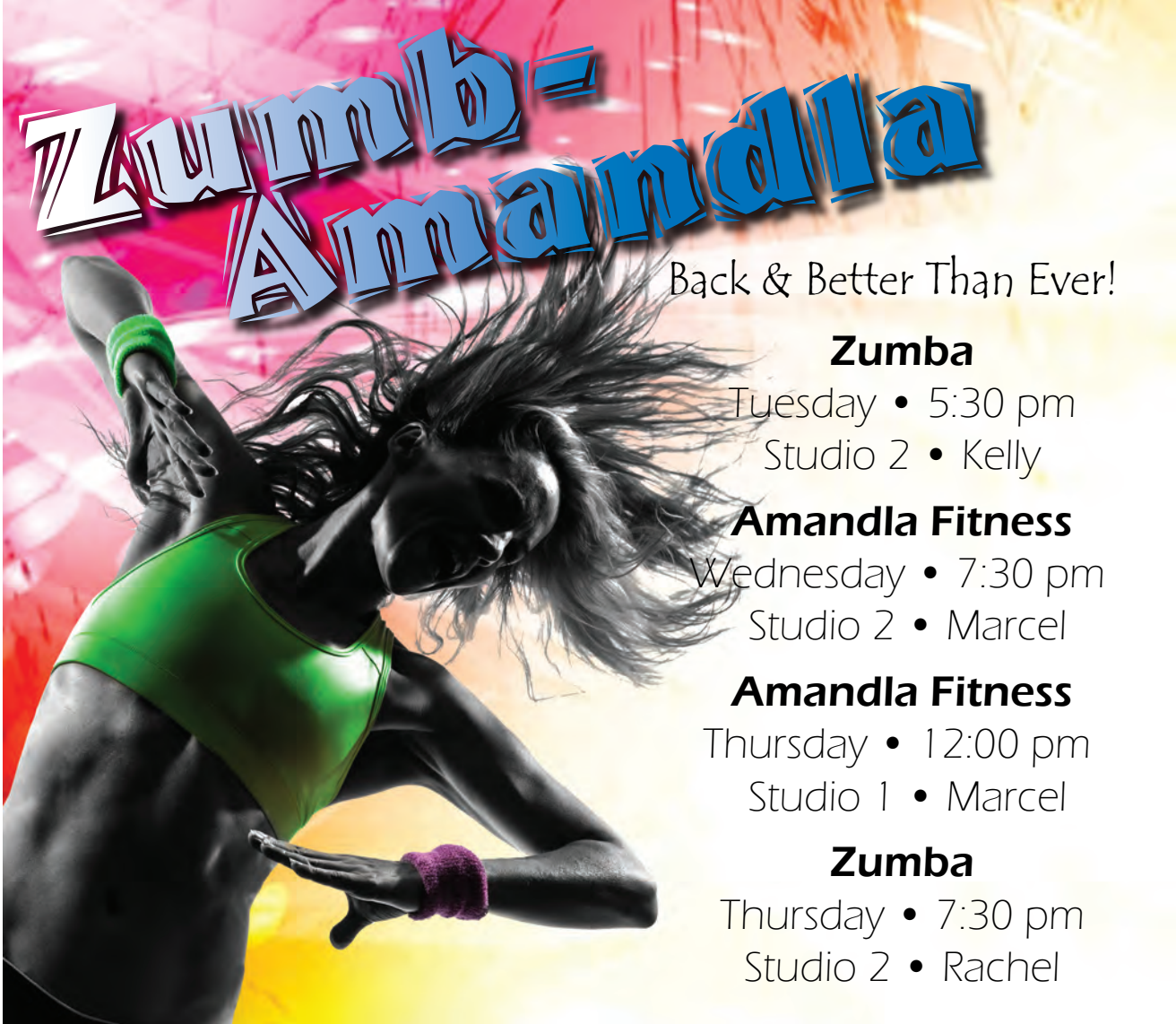
Zen Yoga - A fluid sequence of athletic yoga-based movements designed to simultaneously strengthen and stretch opposing muscle groups. This is a dynamic and invigorating way to tap your inner Zen. **A**

*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

March 2017



Zumba-Amandla

Back & Better Than Ever!

Zumba
Tuesday • 5:30 pm
Studio 2 • Kelly

Amandla Fitness
Wednesday • 7:30 pm
Studio 2 • Marcel

Amandla Fitness
Thursday • 12:00 pm
Studio 1 • Marcel

Zumba
Thursday • 7:30 pm
Studio 2 • Rachel

12th Street Hours

Monday - Thursday 5:30 AM - 11:00 PM
Friday 5:30 AM - 10:00 PM
Saturday 8:00 AM - 8:00 PM
Sunday 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

12th STREET GYM

march 2017

weekday

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

weekend

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

FREE SMALL GROUP PERSONAL TRAINING*

**Must register in advance for these classes. Included FREE with your 12th Street Membership!*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am Yoga with Shannon	6:30 am Yoga with Shannon		7 am with Noe	6:30 am Yoga with Shannon	10 am with Donna	10 am with Megan
	7 am with Megan					
6 pm with Noe	6 pm with Donna	6 pm with Noe				

To Enroll for Sessions Contact:

Noe, go2maxfitness@yahoo.com, Megan, megananino@vigorvida.com, Donna, donna.forzawellness@gmail.com or Shannon, srose4231@aol.com.