

CLASS DESCRIPTIONS

Body Development

Body Max - Find Your MAX! Circuits are designed with the idea of both strength and 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**
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**
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**

Phoenix Fitness - A full-body class fusing HIIT, strength training, cardio, core and balance; bridging together all of the methodologies that build a strongbody and challenge your comfort zone. Every class is different, demanding and FUN! **A/B/C**

P.R.E.S.S. Club - A full-body attack using power, resistance, endurance, strength & stability training to become stronger, more powerful movers. This class is a unique experience every time, using stations, timed interval work, single & partner challenges and more to improve your skills in human movement & athleticism. No athlete is left behind as ability-based alternatives will be provided. **A/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**

Uppercut Boxing - Join 12th Street's first boxing class. Learn how to throw a punch, work the bag & get a full body workout like your favorite pro boxer! Class maximum: limited to 10 people **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

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

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 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 merengue 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

November 2017

Bring your friends &

GET THANKED

Bring the most attendees to class during November & receive a free gift from 12th Street!*

UPPERCUT BOXING

Monday 
 12:00 PM • Camac
 Megan

AMANDLA DANCE FITNESS

Thursday 
 12:00 PM • Studio 1
 Marcel

EXPRESS ABS

Saturday • 12:00 PM
 Sunday • 1:00 PM
 Studio 1 
 Sean & Midge



*Gift will be a choice of referral reward gift card, or one 12th Street Service (1 month of towel service, personal locker or basic tanning).

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
 General Manager/Owner: Frank Baer

12th STREET GYM

november 2017

weekday

Monday	Tuesday	Wednesday	Thursday
6:30 AM • 45 mins Sunrise Cycling Studio 3 • Ellen	6:00 AM • 60 mins M.A.D. Fit Studio 1 • Marjorie	6:00 AM • 60 mins Phoenix Fitness Studio 1 • Angela	6:00 AM • 60 mins M.A.D. Fit Studio 1 • Marjorie
12:00 PM • 60 mins Body Max Studio 1 • Kristin	10:00 AM • 45 mins Easy as 1-2-3 Studio 1 • Sgt. Nate	6:30 AM • 45 mins Sunrise Cycling Studio 3 • Ellen	12:00 PM • 45 mins Amandla Dance Fitness Studio 1 • Marcel
12:00 PM • 45 mins Pilates Mat Studio 2 • Christina	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 Power Yoga Studio 2 • Lindsay
12:00 PM • 45 mins Uppercut Boxing 4th fl, Camac • Megan	12:00 PM • 45 mins Power Yoga Studio 2 • Brian	12:00 PM • 45 mins Pilates Mat Studio 2 • Christina	12:00 PM • 45 mins Cycling Studio 3 • Kristin
12:30 PM • 60 mins Beyond Balance Racquetball Court • Judy	12:00 PM • 45 mins Cycling Studio 3 • Kristin	12:30 PM • 60 mins Beyond Balance Racquetball Court • Judy	12:00 PM • 60 mins Intensity Racquetball Court/Outdoors • Midge
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 • 45 mins Off The Barre Studio 2 • Linnea
5:30 PM • 60 mins Dao-Yin Yoga Studio 2 • Chik	5:30 PM • 60 mins Dance Party Time Machine Studio 2 • Kelly	5:30 PM • 60 mins Doa-Yin Yoga Studio 2 • Chik	5:45 PM • 45 mins Cycling Studio 3 • Ella
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 P.R.E.S.S. Club Studio 1 • Eloy
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 Amandla Dance Fitness Studio 1 • Marcel	6:45 PM • 45 mins Cycling Studio 3 • Nicole
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	7:30 PM • 60 mins Intensity Studio 1/Outdoors • Midge
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 • Judy	
7:00 PM • 20 mins Core With The Ball Studio 2 • Daria	7:30 PM • 60 mins Power Yoga Studio 2 • Lindsay	7:30 PM • 60 mins S & M Studio 1 • Midge	
7:30 PM • 60 mins S & M Studio 1 • Midge	<h1>HAPPY THANKSGIVING</h1> <p>THURSDAY, NOVEMBER 23, 2017: OPEN 9 AM - 1 PM All Group Fitness Classes are canceled on 11/23/17.</p>		
7:30 PM • 60 mins Zumba Studio 2 • Rachel			
<h2>SPECIAL HOLIDAY GROUP FITNESS CLASS SCHEDULE</h2>			
<p>WEDNESDAY, NOVEMBER 22: Gym closes at 5 pm. No evening classes.</p> <p>THURSDAY, NOVEMBER 23: NO CLASSES</p> <p>FRIDAY, NOVEMBER 24: EASY AS 1-2-3 • 10:00 am • Sgt. Nate CYCLING • 12:00 pm • Judy</p>	<p>SATURDAY, NOVEMBER 25: FIT BLITZ • 9:30 am • Robert DAO-YIN YOGA • 10:00 am • Stephanie CYCLING • 10:00 am • Judy</p>	<p>SUNDAY, NOVEMBER 26: POWER YOGA • 10:00 am • Brian CYCLING • 10:00 am • Kristin WARRIOR WORKOUT • 12:00 pm • Midge</p>	
<p><i>Gym is open regular hours 11/24/17-11/26/17. Regular hours and Group Fitness Class Schedule on all other days.</i></p>			

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 • 45 mins Cycling Studio 3 • Kristin
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 • Midge
12:00 PM • 45 mins Off The Barre Studio 2 • Linnea	10:00 AM • 60 mins Cycling Studio 3 • Judy	1:00 PM • 20 mins Express Abs Studio 1 • Midge
12:30 PM • 60 mins Beyond Balance Racquetball Court • 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 • Marie	
5:30 PM • 45 mins Cycling Studio 3 • Maggie	12:00 PM • 20 mins Express Abs Studio 1 • Sean	

12th Street Gym Class Policies

- Please do not enter the studio before the current class is finished.
- 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.
- Proper aerobic footwear is required.
- Please inform your instructor if you are pregnant or have any limitations.
- All equipment (steps, weights, mats, tubing and jump ropes) must be returned to their proper storage area.
- No saving spaces before class begins.
- 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!

					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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