

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**

Boot Camp Fitness - Anything goes in this class designed to build strength and fitness through a variety of intense group exercises and intervals. **A/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**

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**

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**

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**

***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

September 2017

GET BACK TO CLASS

With These New Additions at 12th Street!

RIDE & BOX

Monday & Wednesday
12:00 PM (30 min/30 min)*
Studio 3 & 4th Fl. Camac
Bill & Megan

PHOENIX FITNESS

Wednesday
6:00 AM • Studio 1
Angela

DANCE PARTY TIME MACHINE

Tuesday • 5:30 PM
Studio 2 • Kelly

P.R.E.S.S. CLUB

Thursday
6:30 PM • Studio 1
Eloy

**Ride & Box is 30 minutes of cycling followed by 30 minutes of boxing. Boxing portion is limited to 10 people and is on a first come, first served basis.*

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 Noblette
knoblette@12streetgym.com
General Manager/Owner: Frank Baer



Monday	Tuesday	Wednesday	Thursday
6:00 AM • 60 mins Boot Camp Fitness Studio 1 • TBD	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
6:30 AM • 45 mins Sunrise Cycling Studio 3 • Ellen	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 Fitness Studio 3 • Marcel
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 Power Yoga Studio 2 • Lindsay
12:00 PM • 45 mins Pilates Mat Studio 2 • Christina	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
12:00 PM • 30 mins/30 mins Ride & Box Studio 3 • Bill 4 th fl, Camac • Megan	12:00 PM • 45 mins Cycling Studio 3 • Kristin	12:00 PM • 30 mins/30 mins Ride & Box Studio 3 • Bill 4 th fl, Camac • Megan	5:30 PM • 45 mins Off The Barre Studio 2 • Linnea
12:30 PM • 60 mins Aqua Conditioning Pool @ Loews • Judy	5:30 PM • 60 mins Step-A-Holics Studio 1 • Maria	12:30 PM • 60 mins H2O Aerobics Pool @ Loews • Judy	5:45 PM • 45 mins Cycling Studio 3 • Ella
5:30 PM • 60 mins Body Max Studio 1 • Kristin	5:30 PM • 60 mins Dance Party Time Machine Studio 2 • Kelly	5:30 PM • 60 mins XFit Studio 1 • Kristin	6:30 PM • 60 mins P.R.E.S.S. Club Studio 1 • Eloy
5:30 PM • 60 mins Dao-Yin Yoga Studio 2 • Chik	5:45 PM • 45 mins Cycling Studio 3 • Angela	5:30 PM • 60 mins Dao-Yin Yoga Studio 2 • Chik	6:45 PM • 45 mins Cycling Studio 3 • Nicole
5:45 PM • 45 mins Cycling Studio 3 • Judy	6:30 PM • 60 mins Muscle Attack Studio 1 • Maria	5:45 PM • 45 mins Cycling Studio 3 • Ella	7:30 PM • 60 mins Intensity Studio 1/Outdoors • Midge
6:30 PM • 60 mins Tae Bo® Studio 1 • Stacey	6:30 PM • 60 mins Gentle Vinyasa Studio 2 • Christina	6:30 PM • 60 mins Amandla Fitness Studio 1 • Marcel	
6:30 PM • 20 mins Express Abs Studio 2 • Daria	6:45 PM • 45 mins Cycling Studio 3 • Heather	6:30 PM • 40 mins Extreme Abs Studio 2 • Kristin	
6:45 PM • 45 mins Cycling Studio 3 • Kristin	7:30 PM • 60 mins Power Yoga Studio 2 • Lindsay	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 S & M Studio 1 • Midge	

LABOR DAY WEEKEND HOURS & CLASS SCHEDULE

<p>FRIDAY, SEPTEMBER 1, 2017: No evening classes</p> <p>SATURDAY, SEPTEMBER 2, 2017: Fitblitz with Eloy at 9:30 AM Cycling with Judy at 10 AM 12th Street Step with Sean at 11 AM Express Abs with Sean at 12 PM</p>	<p>SUNDAY, SEPTEMBER 3, 2017: Power Yoga with Brian at 10 AM Warrior Workout with Kristin at 12 PM Express Abs with Kristin at 1 PM</p> <p>MONDAY, SEPTEMBER 4, 2017: No Classes Gym is OPEN 9 AM - 1 PM</p>
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Gym is open regular hours Friday, September 1 through Sunday, September 3. Regular class schedule and hours resume on Tuesday, September 5.

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 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 • 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	Sunday
7 am with Marius	7 am with Megan	7 am with Sheena	7 am with Noe	7 am with Marius	10 am with Sheena	10 am with Megan
6 pm with Noe	6 pm with Bill	6 pm with Noe	6 pm with Bill	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:
Marius, arhiremarius@gmail.com, Bill, wellnessbell@gmail.com, Noe, go2maxfitness@yahoo.com, Megan, megananino@vigorvida.com, Sheena, sheena.ohlig@gmail.com or Fernando, riosfernando7@aol.com.