



# GROUP EXERCISE CLASS SCHEDULE // Winter 2012

15 N. Butler Street Madison, WI 53703 | 608.251.1245 | WWW.CAPITALFITNESS.NET

(Effective February 1)

MORNING

AFTERNOON

EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM BODYPUMP with Laura / 60 Min	6:15 AM TREK/SPIN with Laura / 60 Min	6:00 AM FUNCTIONAL STRENGTH with Laura / 60 Min		6:15 AM TREK with Laura / 60 Min	9:00 AM TRI CHALLENGE w/Christina or Liza / 75 Min	
						9:00 AM BODYPUMP with Laura / 60 Min	10:30 AM ENDURANCE SPIN with Sue / 90 Min
	11:45 AM TREK/BOOT CAMP with Bill C. & Katie / 60 Min	11:45 AM TREK with Katie / 45 Min	11:45 AM TREK/BOOTCAMP with Bill C. & Katie / 60 Min	11:45 AM TREK with Bill C. / 45 Min	11:45 AM TREK/BOOT CAMP with Bill C. & Katie / 60 Min	10:15 AM BODYATTACK with Matt / 60 Min	
		12:00 PM TOTAL BODY CONDITIONING with Amy / 60 Min		12:00 PM TOTAL BODY CONDITIONING with Caitlin / 60 Min	12:00 PM SPIN with Amy / 60 Min	11:15 AM ZUMBA with Becky or Trish / 60 Min	
		12:00 PM SPIN with Bill S. / 60 Min					
	5:15 PM TREK with Charity / 45 Min	5:00 PM ZUMBA with Trish / 60 Min	5:15 PM TREK EXPRESS with Charity / 30 Min	5:15 PM BODYCOMBAT with Charity / 60 Min	5:15 PM BODYPUMP Rotation / 60 Min		
	5:45 PM SPIN with Sue or Mike / 60 Min	5:45 PM SPIN with Amy / 60 Min	5:15 PM BODYPUMP with Morgan / 60 Min	5:45 PM SPIN with Amy / 60 Min	5:30 PM SPIN Rotation / 60 Min		
	6:20 PM BODYPUMP with Matt / 60 Min	6:20 PM BOOTCAMP with Charity / 60 Min	5:45 PM SPIN with Christina / 60 Min	6:20 PM ZUMBA with Becky / 45 Min			
	7:25 PM BODYCOMBAT with Matt / 60 Min	7:25 PM BODYATTACK with Jessica / 60 Min	6:20 PM BODYCOMBAT/ATTACK FUSION with Matt / 60 Min				



# GROUP EXERCISE CLASS DESCRIPTIONS // Winter 2012

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## BODYATTACK®

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone toward their fitness goals—from the weekend athlete to the hard-core competitor! All levels welcome—low impact options will be shown.

## BODYCOMBAT®

The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, tae kwon do, tai chi, and muay thai. Supported by driving music and powerful role model instructors, strike, punch, kick, and kata your way through calories to superior cardio fitness! All levels welcome—low impact options will be shown.

## BODYPUMP®

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for—and fast!

## BODYCOMBAT®/BODYATTACK® FUSION

The ultimate cardio workout. No equipment needed for this intense and energetic class. BodyAttack® is the sports-inspired workout for building strength and stamina through athletic aerobic movement and stabilization exercises. BodyCombat® is the cardiovascular martial arts workout that draws from a wide array of disciplines such as karate, boxing, tae kwon do, and muay thai. All levels welcome—low impact options will be shown.

## BOOTCAMP

A resistance training and agility class to improve total body strength, endurance, and flexibility using all types of equipment. A challenging and always varying workout designed to take you to the next level of fitness training. Push yourself to meet and surpass your goals!

## FUNCTIONAL STRENGTH

This class is designed to allow your muscles to work “together.” Come and train your body so that it is capable of doing real-life activities, not just lifting a certain amount of weight in an ideal and controlled situation. You will use resistance bands, dumbbells, barbells, BOSU, medicine ball and more to train muscles in an integrated fashion. With an emphasis on using your core, you will develop balance and coordination as well as sculpt long, lean muscles.

## ENDURANCE SPIN

This is 90 minutes of heart pumping cycling fitness complete with specific drills to incorporate all of your cycling fitness needs including: muscle endurance, speed, hill climbing, anaerobic, and power drills. Each session has a slightly different focus, but every week will provide you with a great workout that will prepare you for the outdoor riding season. Join Sue to burn 900+ calories in this heart-beating, leg-challenging FUN class!

## SPIN

Prepare yourself for this totally energized atmosphere, fueled by upbeat music. The instructor will guide you through various workout phases including warm-up, steady up-tempo cadences, sprints, climbs, and a cool-down... all on an indoor stationary bike! You control resistance on your bike to make the pedaling as easy or difficult as you choose. Spinning bikes have pedals that allow you to wear tennis shoes or specialized cycling clip-in shoes. Bring a towel and a water bottle.

## TOTAL BODY CONDITIONING

A Bootcamp-like class that combines high intensity cardio intervals and strength training drills. Burn fat while increasing core stability, coordination, strength, and muscular endurance. This class will have you working multiple muscle groups at one time, ensuring a full body, and well balanced workout. All levels welcome—low impact options will be shown.

## TREK

Exclusive to Capital Fitness! This 45 minute class is treadmill training for walkers and runners done at YOUR pace. This class will provide a new challenge each time ranging from hill workouts, endurance training or even speed work. An effective way to burn fat fast and great for all fitness levels!

## TREK EXPRESS

Exclusive to Capital Fitness! If you're short on time, but still want a great workout, TREK express is your solution. This 30 minute class is treadmill training for walkers and runners done at YOUR pace and will incorporate short, high intensity work intervals to help improve aerobic capacity and speed.

## TREK/BOOTCAMP

This class begins on the treadmill for a 30 minute interval workout (walkers and runners welcome). Then it's into the fitness studio for a 30 minute total body workout using weights, resistance bands, stability and BOSU balls, and more. Great for all fitness levels. Work at your own pace during this one-stop-shop for cardio and strength fitness!

## TREK/SPIN

This class begins on the treadmill for a 30 minute interval workout (walkers and runners welcome). Then it's into the spin studio where your instructor will guide you through various workout phases including warm-up, steady up-tempo cadences, sprints, climbs, and a cool-down...all on an indoor stationary bike! Please bring a water bottle and towel.

## TRI CHALLENGE

Prepare your body for multi-sport training in this class. You will begin on the bike, quickly transition to the treadmill, and finish with an intense core workout. Whether you are training for a sprint triathlon or just trying to break a fitness plateau, this class is for you! All levels and abilities welcome.

## ZUMBA®

This class is an effective, exhilarating, Latin-inspired, easy-to-follow, calorie-burning dance fitness-party. It achieves the perfect balance of a progressive core workout, full-body cardio and strength training, and a stress-relieving, energy-producing fitness experience.

PLEASE NOTE: Due to limited available space, the group exercise and spinning classes require members to sign up in person or by phone 1 hour prior to session start time.