

# THE BODY SHOP CLASS SCHEDULE

(winter/spring 2013) 6625 FM 920 IN PEASTER STRIP MALL-(817) 613-7784

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 TOTAL BODY TONING W/ LIZ 30 min.	5:30AM- BOOT CAMP W/ LESLIE!  ----- 8:15 ZUMBA W/ LESLIE 1 HR	8:15 ABC (ABS, BUTTS, & CORE) W/LIZ 30 min	5:30AM-BOOT CAMP W/ LESLIE ----- 8:15 TURBOKICK EXPRESS W/ TONI 30 min	8:15 ZUMBA W/ MARIE 1 hr
8:45 AEROBIC BASICS W/ LIZ 30-45 min	9:15 YOGA BELLYGROOVE! W/ LESLIE 45 min	8:45 CARDIO STRENGTH W/ LIZ 45 min	8:45 PI/YO W/ TONI 45 MIN-1 HR	9:15 ZUMBA TONING W/ MARIE ~45 min-1hr.
	5:30 CARDIO, CORE & STRENGTH W/ LIZ 45 min	5:30 Strength Camp w/ Liz 1 hr		4:30 YOGA & RELAXATION W/ Leslie 1 hr.
6:00 ZUMBA W/ Marie 1 HR	6:15 BOOT CAMP W/LIZ 45 MIN-1Hr		6:00 TURBOKICK W/ KAREN 1 HR.	<b>*SATURDAY*</b> <b>8:45 SATURDAY</b> <b>TONING</b> <b>Balls&amp;Bands OR</b> <b>Zumba Toning</b>

**ABC** A 30 minute class that targets the abdominals, back, core muscles & glutes. (bottom)

**AEROBIC BASICS-** A 30-45 minute class for all ages designed to be low impact for women of all fitness levels. Perfect if you are a beginner, are coming back post-injury or haven't exercised in a while.

**BALLS AND BANDS-**work on your stability, balance and core strength using the stability ball for the entire hours. Resistance tubing and pilates bands will also be used. A great class for an all over body workout.

Suitable for all levels.

**BOOT CAMP-** A complete workout from head to toe! Boot Camp classes include cardiovascular, body resistance, strength training, core & more. This class constantly mixes it up. If you like to be kept guessing, this class is for you! Get ready to sweat! Can be modified for those new to boot camp.

**CARDIO, CORE&STRENGTH-**The perfect workout! Get your aerobic/cardio, core training and strength training all in one class! Any equipment may be used and it can be done as a group or circuit style. Try this one!

**LESLIE'S BOOT CAMP-** Been wanting to try P90X or Insanity? This class is based on the popular DVD's P90X and Insanity. You will sweat! (buckets!!) A boot camp style class.

**STRENGTH CAMP-** -An all over toning and strength training/boot camp combo class that may use body weight, resistance tubing, bands, stability balls, medicine balls or free weights. Weight lifting is the best way for women to build muscle, keep body fat at bay and improve overall health. For all levels.

**TOTAL TONING**—Tone and strengthen your muscles. We will use mostly dumbbells and bands. You can use heavy or light weights, depending on your fitness level. All muscles groups will be worked, (upper, lower and core). Appropriate for all fitness levels.

**TURBOKICK-**Burn calories and blast fat! Turbo Kick® mixes kickboxing and dance moves with music that makes you want to move it! You'll love having fun and losing weight. It won't even seem like you are working out!

**YOGA BELLYGROOVE!**-The name says it all! Enjoy a different combination of Yoga, Bellydance, and Core work all wrapped into one workout! A must try class! Suitable for all fitness levels.

**ZUMBA-**If you enjoy moving and shaking your hips to Latin, Hip Hop, Salsa & Meringue beats, you will love this workout! This is more a party than a workout! Don't miss the class that has taken the nation by storm!

Suitable for all fitness levels.

**ZUMBA TONING-**This class fuses the dance of Zumba with toning staples like leg lifts, lunges, squats, bicep curls, and shoulder/tricep work. Your heart rate stays up from the intermingling of the toning and cardio. This