



**GROUP EXERCISE SCHEDULE - WINTER 2009/2010**  
**EFFECTIVE MONDAY, NOVEMBER 30TH, 2009**

10 ROXANNA STREET  
 FRAMINGHAM, MA 01702  
**508.879.6544**  
 www.suburbanathletic.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM							
9:00 AM	GROUP RIDE™ NANCY			GROUP RIDE™ NANCY	GROUP XPOWER™ NANCY	GROUP RIDE™ NICOLE	
10:00 AM	PILATES NANCY				PILATES NANCY	GROUP CENTERGY™ CHANTAL	GROUP XPOWER™ MARY KAY
11:00 AM						ZUMBA FITNESS MARTHA	
5:30 PM	GROUP RIDE™ NICOLE	GROUP RIDE™ NICOLE	BOOT CAMP BEN	GROUP ACTIVE™ CHANTAL			
6:30 PM	GROUP XPOWER™ NICOLE	GROUP CENTERGY™ CHANTAL	GROUP RIDE™ CHANTAL	GROUP CENTERGY™ CHANTAL	GROUP XPOWER™ MARY KAY		
7:30 PM	BOOT CAMP BEN	ZUMBA FITNESS MARTHA	GROUP XPOWER™ NICOLE	BOOT CAMP BEN			<b>Baby Sitting Service Available</b> <u>Reservation Required</u> MON-FRI: 9AM-12PM \$3.00 p/ hr—1 child \$4.50 p/ hr—2 children
8:30 PM	CAPOEIRA RODRIGO		CAPOEIRA RODRIGO				


All changes to this schedule will be posted on the white board next to the Group Exercise room!



# CLASS DESCRIPTIONS




**GROUP ACTIVE:** Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength, and also improve your balance and flexibility. All in a very supportive group environment, with motivating music and caring instructors. Get more out of life, Get Group Active!




**GROUP CENTERGY:** Redefine yourself with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy. So come discover Group Centergy!



**GROUP RIDE:** Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This incredible 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!



**GROUP POWER:** is an exciting hour of fitness power! This 60 minute barbell program strengthens all of your major muscles in an awe inspiring and motivating group environment with fantastic music and awesome instructors. With simple, athletic moves such as squats, lunges, presses and curls, Group Power is for all ages and also all fitness levels. Discover results and discover Group Power today!




## OTHER CLASSES


**BOOT CAMP:** a dynamic training mix with kickboxing and lower body workout. You'll burn calories, increase your heart rate and build lean mass all while having fun and getting a great workout!



**CAPOEIRA:** incorporates fun music, dancing, fighting, acrobatics and also martial arts movements. You can learn self defense moves as well and get a cardiovascular workout! Good for all levels and a great way to relieve stress!

**PILATES:** is a mind and body system of exercise designed to lengthen and to strengthen all of the core muscles. Coordination and concentration are very essential. A great way to relieve stress and workout at the same time!

**ZUMBA:** The Zumba program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away.



## GROUP EXERCISE INSTRUCTORS

Martha Convers-Ortiz  
Rodrigo Gomez  
Ben Ross

Mary Kay Cousseillant  
Chantal Johnson

Nicole Fabiano  
Nancy Maguire