



OUR LADY OF BELLEFONTE HOSPITAL
Bon Secours Kentucky Health System

FIRMFITNESS
AT BELLEFONTE PAVILION

February 2012

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<p>Hours of Operation Mon. - Thurs. 5:30 a.m. - 8:30 p.m. Fri. 5:30 a.m. - 7 p.m. • Sat. 8 a.m. - 4 p.m. • Sun. 1- 6 p.m. (606) 324-0339 Class schedule subject to change. Membership rates start at \$30 per month!</p>				1		2		3		4			
5 2 p.m. - Zumba 2 p.m. - Ryno's X-Treme Bootcamp		6 6 p.m. - Zumba 7:15 p.m. - Ballroom Dancing		7 9:30 a.m. - Pilates 12:15 p.m. - Mid-Day Mash Up 5:30 p.m. - Zumba Tone 6:30 p.m. - Zumba 7 p.m. - Ryno's X-Treme Bootcamp		8 5:30 p.m. - Spin 5:30 p.m. - Hip Hop Abs 6:15 p.m. - Pilates		9 5:30 p.m. - Zumba 6:30 p.m. - Zumba Tone 7 p.m. - Ryno's X-Treme Bootcamp		10 9:30 a.m. - Pilates 12:15 p.m. - Mid-Day Mash Up		11	
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Class Descriptions

Ballroom Dancing - Dust off those dancing shoes! This class is a mix of everything ballroom. Learn all the popular dances from the cha-cha to the waltz. The class is \$10 per person, \$15 per couple. For more info concerning this class, contact Dianne Coriell at (740) 352-2723.

Circuit Training - This class is designed to work the entire body with multiple stations set up alternating between cardio and toning.

Extreme Meltdown - Looking to shape up fast? This class is high in intensity and high in the variety of exercises.

Hip Hop Abs - This is a combination of high energy dance hip hop music and serious fun that delivers a core workout that will melt fat from the entire body. Discover a fresh new way to get fit!

Kick & Tone - An entire body workout that incorporates high intensity kicking and punching routines along with resistance training intervals.

Mid-Day Mash Up - Mid-Day Mash Up is a medley of workouts and exercises that will leave participants refreshed, rejuvenated and prepare them to conquer the rest of the day.

Pilates - Creates long, lean muscles while enhancing strength, flexibility and balance. This class is suitable for any fitness level.

Ryno's X-treme Bootcamp - A fully functional total body fitness program that incorporates cardio, weights, and resistance training performed with tires, ropes, free weights, pull up bars and other unconventional exercise equipment.

Spin - An extreme calorie burning class that offers high energy stationary bike workouts that enhance cardio endurance and muscular strength.

Zumba - When people witness a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating!

Zumba Toning - When it come to body sculpting, Zumba toning raises the bar (or rather the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin infused Zumba moves to create a calorie-torching, strength-training dance fitness party.

For questions, call (606) 324-0339

All classes are free with Firm Fitness membership with the exception of spin, Ryno's X-Treme Bootcamp and Ballroom Dancing.