



fitness



# MAY 2012

# specialty class schedule

	SUN	MON	TUES	WED	THURS	FRI	SAT	
AM		<b>5:30-6:30 am</b> <b>Boot Camp</b> @ AVSP Session 2 <i>meets Mon., Wed. &amp; Fri.</i> @ 5:30-6:30 am New Session Begins 5/7		<b>5:30-6:30 am</b> <b>Boot Camp</b> @ AVSP Session 2 <i>meets Mon., Wed. &amp; Fri.</i> @ 5:30-6:30 am New Session Begins 5/7			<b>5:30-6:30 am</b> <b>Boot Camp</b> @ AVSP Session 2 <i>meets Mon., Wed. &amp; Fri.</i> @ 5:30-6:30 am New Session Begins 5/7	
			<b>8:00 am</b> <b>Flexibility Training</b> @ Mills Jessica Session <i>Meets 5/29 - 7/17</i>		<b>9:00 am</b> <b>Fitness Tours</b> @ AVSP Personal Training Staff WEEKLY		<b>9:00 am</b> <b>FITNESS EXPO DAY!</b> Try a sampling of Group Exercise and Specialty Fitness Classes. <i>Meets 5/19</i> <b>FREE to Members</b>	
PM	<b>ASK ABOUT PRIVATE BOXING LESSONS!</b>  Contact Jessica Deis 703-729-0581 ext. 114	<b>4:30 pm</b> <b>Teen Weight Training</b> @ AVSP Susan Session 1 <i>Meets Mon. 5/7 &amp; Wed. 5/9</i>	<b>4:30 pm</b> <b>Teen Weight Training</b> @ AVSP Susan Session 2 <i>Meets Tue. 5/22 &amp; Thur. 5/24</i>	<b>4:30 pm</b> <b>Teen Weight Training</b> @ AVSP Susan Session 1 <i>Meets Mon. 5/7 &amp; Wed. 5/9</i>	<b>4:30 pm</b> <b>Teen Weight Training</b> @ AVSP Susan Session 2 <i>Meets Tue. 5/22 &amp; Thur. 5/24</i>			
		<b>5:00 pm</b> <b>Yoga-Pilates Boot Camp</b> @ Lakes Patti Session <i>Meets 4/23 - 6/11</i> DROP-IN'S WELCOME!	<b>5:30 - 6:15pm</b> <b>CoreFit</b> @ Lakes Laura <i>Meets 5/15 - 6/5</i>					
		<b>7:00-8:00 pm</b> <b>Boot Camp</b> @ AVSP Session 2 <i>Meets 3 Times a Week. Choose any 3 days Mon.-Thurs. New Session Begins 5/7</i>	<b>7:00-8:00 pm</b> <b>Boot Camp</b> @ AVSP Session 2 <i>Meets 3 Times a Week. Choose any 3 days Mon.-Thurs. New Session Begins 5/7</i>	<b>7:00-8:00 pm</b> <b>Boot Camp</b> @ AVSP Session 2 <i>Meets 3 Times a Week. Choose any 3 days Mon.-Thurs. New Session Begins 5/7</i>	<b>7:00-8:00 pm</b> <b>Boot Camp</b> @ AVSP Session 2 <i>Meets 3 Times a Week. Choose any 3 days Mon.-Thurs. New Session Begins 5/7</i>			
			<b>6:30 pm</b> <b>Fitness Tours</b> @ AVSP Personal Training Staff WEEKLY					

### MAY FEATURED CLASS: Yoga-Pilates Boot Camp



This shape-up workout is all about ab-busting, butt-shaping exercises built around Pilates and Yoga. Work your whole body from head to toe to strengthen, lengthen and tone your way to a stronger and fitter you!!

Day: Monday's  
 Time: 5:00pm  
 Cost: \$68 Residents / \$90 Non-Residents

\* Indicates reservations required

Published on 4/24/12 Schedule is subject to change



## class descriptions

### **Basketball Training:**

Basketball Training is a class designed for boys aged 6-12 to learn the basics of basketball including dribbling, passing, shooting, offense and defense. **Registration Required. Fee \$68 Residents / \$90 Non-Residents**

### **Boot Camp:**

Boot Camp is a four-week, comprehensive fitness and weight-loss challenge that provides the tools and inspiration to get in shape, shed extra pounds and adopt a healthier lifestyle. It doesn't matter if you are just starting out or if you have been exercising for some time, this fitness challenge allows you to participate no matter what shape you're in. Let the Certified Personal Training Staff, guide you through four weeks of group workouts and provide the motivation and support to achieve your fitness goals. It is important to note that Boot Camp is a time commitment. To achieve optimal results, your participation will be encouraged in all aspects of the program. **Registration Required. Fee \$95 Residents / \$120 Non-Residents. Drop in Rates: \$12 Residents / \$15 Non-Residents**

### **CoreFit:**

This class is a unique blend of tri-plane movement sequences using body weight and training toys for a complete new approach to core training. Experience why utilizing all three planes of movement is the finest way to train the core for complete symmetry and core strength. This program is inspired by professional instructors who will leave you feeling parts of your body that you never knew existed! You will be fit to the core before you know it! **Fee \$40 Residents / \$45 Non-Residents**

### **Hooping:**

Hooping is a lot like traditional "hula hooping", but with a modern day twist! The HOOPS are slightly weighted. You will learn how to master the control of your hoop; building core strength and stamina while having fun. **Fee \$68 Residents / \$90 Non-Residents. Drop in Rates: \$12 Residents / \$15 Non-Residents**

### **Happy Hour Cycle:**

Start your weekend right with HAPPY HOUR CYCLE! You will shed extra inches cycling through hills, intervals, speed work and core work!  
**This class is FREE to all members!**

### **Muscular Mommies:**

Get back in shape with your baby by your side! This class focuses on strength training, cardio and abdominal work. Your child (6 months to 4 years) can join in on the fun or simply play on your mat while you tone your entire body!  
**Fee \$68 Residents / \$90 Non-Residents. Drop in Rates: \$12 Residents / \$15 Non-Residents**

### **Pilates Reformer:**

Pilates Reformer class focuses on core strength and flexibility. Check schedule for various levels and times. **Reservation Required. Fee \$190 Residents/ \$285 Non Residents**

### **Boxing Lessons:**

Golden Gloves Champion, Seth Billups, will train you to become faster and stronger with his defense strategy skills! His superior workouts combine cardiovascular and muscle training to help increase your power, speed and endurance! During his private boxing lessons, Seth will improve your boxing moves with floor exercises and shadow boxing involving work on standing bags and heavy bags!

### **Teen Weight Training:**

This course gives a general introduction to the "do's and don'ts" of fitness and weight training, emphasizing safety, proper technique, weight selection and frequency, as well as gym etiquette. This is a two-day course and teens must demonstrate competency on the equipment and pass a written quiz. After completing this course teens aged 12-15 may use the fitness center with parental supervision. **Registration Required. Fee \$15 Residents**

### **Flexibility Training:**

Flexibility is a fundamental aspect of your fitness training. Stretching can prevent and correct injury, relieve stress, and maximize the benefits of your strength and cardiovascular workouts! **Fee \$68 Residents / \$90 Non-Residents**

### **Sports Specific Training:**

This class is designed for Jr. High and High School Athletes to help increase sports performance through muscular speed and agility training. Session 1 meets Monday and Wednesday for youth aged 11-13 and session 2 meets Tuesday and Thursday for youth aged 14-17. **Fee \$60 Residents / \$80 Non Residents**

### **Yoga-Pilates Boot Camp:**

This shape-up workout is all about ab-busting, butt-shaping exercises built around Pilates and Yoga. Work your whole body from head to toe to strengthen, lengthen and tone your way to a stronger and fitter you!! On top of that, you will get the stress reduction, feel-good-all-over benefits of a mind-body practice. **Fee \$68 Residents / \$90 Non-Residents**