



"STEP TRANSITIONS" FOR BEGINNERS WHO WANT TO MOVE TO THE NEXT LEVEL AND FOR THOSE WHO JUST WANT TO IMPROVE THEIR STEPPING SKILLS. BEGINS SUNDAY, FEB.19th @ 3:00 p.m.

**TURBO KICK— A UNIQUE BLEND OF AB SCULPTING MOVES WITH FAT BURNING CARDIO OF INTENSE INTERVALS AND ENDURANCE TRAINING. BE AMONG THE FIRST IN THIS AREA TO TRY THIS HOT NEW WORKOUT! CHECK SCHEDULE FOR CLASS TIMES!**

**Better Bodies**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:00 Yogalates- Valerie 10:10 CT- Amy L 6:00 ST-Liz 7:05 Kick AZZ- Angela	9:00 Zumba/- Molly 10:10 Kick AZZ- Kelly 4:40 Kick BX/ST--Susan 5:45 YOGA- Katie 6:50 ST/CT-Ali	9:00 ST/BS- Jo Ann 10:10 YOGA- Maggie	7:55 AD Step-Liz <b>9:00 TURBO KICK- Lisa</b> 10:05 Kick AZZ-Amy L
5	6	7	8	9	10	11
9:05 Zumba/Hip Hop-Chad 11:00 YOGA-Maggie 3:00 Learn to do Step-Liz	9:00 BOSU/CT-Jennifer 10:10 BS/Awesome ABS-Marcella 4:40 ST/BS-Susan 5:45 YOGA- Geri 6:50 ZUMBA/JAMZ-Kelly	8:30 Functional Flexibility w/Charlie 9:30 Cardio Pump-75 min-Terry 4:30 Mat Pilates-Suzanne 5:45 BOSU/CT- Kelly S	9:00 Yoga- Angela 10:10 CT- Jo Ann 6:00 ST-Liz 7:05 Kick AZZ- Ali	9:00 Zumba/JAMZ-Marcella 10:10 Kick AZZ- Molly 4:40 ST/CT- Susan 5:45 YOGA- Maggie <b>6:50 TURBO KICK- Lisa</b>	9:00 ST/CT- Amy L 10:10 Stretch & Strength-Dee	7:55 Buddy Bench-Liz (two people,1 step) 9:00 JAMZ-Chet 10:05 Kick AZZ- Dan
12	13	14	15	16	17	18
9:05 Kick AZZ- Chad 11:00 YOGA- Angela 3:00 Learn to do Step-Liz	9:00 BOSU/CT- Amy L 10:10 BS/Awesome ABS-Terry 4:40 Kick BX/ST- Susan 5:45 YOGA- Maggie 6:50 JAMZ-Chet	8:30 Functional Flexibility w/Charlie 9:30 Cardio Pump-75 min-Jennifer 4:30 Mat Pilates-Suzanne 5:45 <b>TURBO KICK- Lisa</b>	9:00 Yogalates- Valerie 10:10 CT- Dee 6:00 ST-Liz 7:05 Kick AZZ- Angela	9:00 Zumba-Kelly 10:10 Kick AZZ- Marcella 4:40 CT-Susan 5:45 YOGA- Geri 6:50 ST/CT-Ali	9:00 ST/CT- Jennifer 10:10 Stretch & Strength-Dee	7:55 AD Step-Liz <b>9:00 TURBO KICK- Lisa</b> 10:05 Kick AZZ- Angela
19	20	21	22	23	24	25
9:05 20/20/20-Molly 11:00 YOGA- Katie <b>3:00 Step Transitions -Liz</b>	9:00 BOSU/CT- Molly 10:10 BS/Awesome ABS-Amy L 4:40 ST/BS- Ali 5:45 YOGA-Geri 6:50 ZUMBA/JAMZ-Kelly	8:30 Functional Flexibility w/Charlie 9:30 Cardio Pump-75 min-Valerie 4:30 Mat Pilates-Suzanne 5:45 BOSU/CT- Kelly S	9:00 Stretch & Strength-Dee <b>10:10 TURBO KICK- Lisa</b> 6:00 ST- Julie A 7:05 Kick AZZ- Angela	9:00 Zumba/Hip Hop-Chad 10:10 Kick AZZ- Molly 4:40 Kick BX/ ST- Susan 5:45 YOGA- Katie <b>6:50 TURBO KICK- Lisa</b>	9:00 ST/CT- Terry 10:10 Yogalates- Valerie	7:55 AD Step-Liz 9:00 BOSU/CT-Amy L 10:05 Kick AZZ- Chad
26	27	28	29			
9:05 Zumba/Jamz-Kelly 11:00 YOGA- Geri <b>3:00 Step Transitions - Liz</b>	9:00 BOSU/CT- Jo Ann 10:10 BS/Awesome ABS- Valerie 4:40 ST/CT-Susan 5:45 YOGA- Maggie 6:50 Zumba/Hip/Hop-Chad	8:30 Functional Flexibility w/Charlie 9:30 Cardio Pump-75 min-Jennifer 4:30 Mat Pilates-Suzanne 5:45 <b>TURBO KICK-Lisa</b>	9:00 Yogalates- Valerie 10:10 CT- Amy L 6:00 ST- Liz 7:05 Kick AXZZ- Ali			

## February Group Exercise

Better Bodies • 2230 Grandview Drive, Ft. Mitchell, KY • 859-344-9995 • www.betterbodiesnky.com



**BETTER BODIES**

# Class Descriptions

**ZUMBA**– A cardio-based workout with easy to follow dance moves that uses high energy Latin & international music to keep you moving! Guaranteed to make you sweat! 55 minutes

**BELOW THE BELT**– This class will target your lower body, glutes, hips and thighs along with core-conditioning ab exercises.

**RESIST A BALL**– Strong focus on balance and building core strength, you will also work your entire body! Improves alignment, stability, strength, and flexibility. Hand weights, resistance tubes and bands may be used.

**SIT AND BE FIT**– A gentle series of stretch, flexibility, mild cardio and toning (mostly seated, some standing moves). Burn calories, build strength and improve balance and posture. Use light weights, resistance tubes and bands.

**KICK BOXING**– High intensity total body workout! A combination of hi/low aerobics with martial arts and the fundamentals of boxing, e.g., jabs, uppercuts, kicks (no contact) and basic athletic movements. Focus on cardiovascular endurance, strength, agility and balance. Includes floor work.

**CT (Cross Training)**- Intermix cardiovascular conditioning with hand weights, bands, tubing, bars and resist-a-balls.

**20/20/20**– 20 minutes using the step, 20 of muscle toning, and 20 of core strengthening and abdominal work with stretching. It's everything you need to attain that sculpted, well proportioned look.

**HL (High/Low Aerobics)**- Designed to maximize the benefits of cardiovascular conditioning using low and high impact moves. Complete with strengthening exercises and abdominal work.

**ST (Step Aerobics)**- A low impact workout to burn fat while you tone and strengthen the complete lower body. Step classes utilize the motion of stepping up and down on a platform for aerobic conditioning. Choose your level by simply adjusting the height of your step. Includes floor work.

**ST & BS (Step and Body Sculpting)**- This is like 2 workouts in one! 50% step conditioning and 50% resistance training. Includes abdominal work too!

**THE MIX**– This class has it all. 45 minutes of step intermixed with Hi/Low aerobics. The best of cardio together! Finish with floor work and final stretch.

**4 x 4**– We start out with a great warm-up and we do 4 minute intervals of High/Low aerobics and free weight muscle toning. You will sweat! Class is complete with ab work and final cool down stretch.

**YOGA**– This class is based on traditional Hatha Yoga principles. Breathe, pose and stretch yourself to an improved physical and mental state. Improve muscle tone, flexibility and balance while reducing your stress level.

**MAT PILATES**– This non-aerobic class is based on power yoga movements with intense stretching and isolated strengthening moves. Class is dynamic and active and is also designed to strengthen and tone your core abdominal muscle groups.

**LIFT & TONE**– Strength training class for all fitness levels. Increase muscle strength, flexibility and endurance. Class uses barbells with 2 1/2 lbs, 5 lbs, and 10 plates. Hand weights, resistance tubes and bands may also be used. This class helps to speed up your metabolic rate and increase your bone density which is a vital factor for avoiding osteoporosis.

**ST/LIFT & TONE**– Combines the cardiovascular workout of a step class and the strength training of our Lift & Tone class. Heavier weights and shorter reps makes this class intense and challenging. Includes ab work and stretching.

**DOUBLE ST AND QUAD ST**- Basic step class using MULTI benches instead of one for a fun and challenging workout! Double ST uses two benches and Quad ST uses four benches. No complicated moves. Includes muscle toning and ab work.

**MAVITA**– Put a little spice into your life! This class uses the hot new Latin/Salsa moves which give you a great, low impact, fat burning aerobic workout! Finally, a class that is so much fun you forget that you are working out! Cha Cha Cha into this class and leave feeling refreshed. Ab work included.

**JAMZ**– Let's Dance! Come prepare to move, sweat & have a great time! Club mix and top 40 songs with classic dance moves. No experience necessary!