



# NRG 4 LIFE

## 2011 SUMMER SCHEDULE

Effective June 6<sup>th</sup>, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35 - 6:30 AM <b>P.U.M.P.</b> All Levels <i>Cherilyn</i>		5:35 - 6:30 AM <b>FAT BLASTER</b> All Levels <i>Cherilyn</i>	5:35 - 6:30 AM <b>P.U.M.P.</b> All Levels <i>Cherilyn</i>	<p>Stay Posted for "Specialty Classes" on occasional weekends during the summer...</p> <p>Remember to do something active most days of the week (5+) in order to stay/get fit!</p> <p>HAVE A GREAT SUMMER!</p>	
9:30 - 10:30 AM <b>P.U.M.P.</b> Beg. / Int. <i>Jaclyn</i>		9:30 - 10:30 AM <b>P.U.M.P.</b> Beg. / Int. <i>Jaclyn</i>				
12:15 - 12:45 PM <b>CORE</b> All Levels <i>Grace</i>		12:15 - 12:45 PM <b>B.L.T.</b> All Levels <i>Ashley</i>				
5:30 - 6:30 PM <b>P.U.M.P.</b> Beg. / Int. <i>Ashley</i>	5:30 - 6:30 PM <b>BODYBLAST</b> All Levels <i>Jaclyn</i>	5:30 - 6:30 PM <b>P.U.M.P.</b> Beg. / Int. <i>Ashley</i>	5:30 - 6:30 PM <b>CIRCUIT</b> All Levels <i>Grace</i>			
6:35 - 7:30 PM <b>BOOTCAMP</b> Int. / Adv. <i>Grace</i>	6:35 - 7:30 PM <b>KICKBOXING</b> All Levels <i>Grace</i>	6:35 - 7:30 PM <b>ZUMBA</b> All Levels <i>Grace</i>	6:35 - 7:30 PM <b>STEP</b> Intermediate <i>Grace</i>			
7:35 - 8:30 PM <b>ZUMBA</b> All Levels <i>Grace</i>	7:35 - 8:30 PM <b>YOGA</b> All Levels <i>Grace</i>	7:35 - 8:30 PM <b>BOOTCAMP</b> Int. / Adv. <i>Grace</i>	7:35 - 8:30 PM <b>YOGA</b> All Levels <i>Grace</i>			

### Fee Schedule

40 Class Punch Pass:	\$220
24 Class Punch Pass:	\$144
12 Class Punch Pass:	\$78
6 Class Punch Pass:	\$45
9 Class Nooner Pass:	\$45
Drop-In:	\$8

### For More Information

Log onto our website at [www.nrg4life.ca](http://www.nrg4life.ca)  
or  
e-mail Grace at [grace.nrg4life.ca@hotmail.com](mailto:grace.nrg4life.ca@hotmail.com)  
or  
join the NRG 4 Life Facebook group

All instructors are provincially and/or internationally certified!  
Schedule of classes subject to change based on class attendance and/or facility restrictions.

# NRG 4 Life Class Descriptions

## C.O.R.E.

This class will lead you through a variety of exercises specifically designed to strengthen the "core" of the body, by increasing abdominal and back strength. The upper and lower body is worked through a full range of motion to increase load on the core and in doing so, also increase flexibility.

## B.L.T.

Our B.L.T. (Buns, Legs and Tummies) class is designed to target all the major problem areas. Be prepared to squat and lunge your way to a better lower body. There is no cardiovascular component to this class, but a variety of exercise equipment may be used such as steps, Glides®, stability balls, or resistance tubing. If you are just starting to work out, please be aware that due to the intense utilization of the major muscles of the lower body, there is a great chance of muscular soreness from this class.

## T.B.C.

Our T.B.C. (Total Body Conditioning) class is designed to target all the major muscles of the body. This class is designed to break through plateaus in your training. This is a non – choreographed class with a work and recovery format. The first half of the class will target the cardiovascular system, while the second half of the class will focus on muscular strength and endurance. Equipment used may include hand weights, medicine balls, stability balls and tubing. Proper body alignment will be demonstrated and taught.

## P.U.M.P.

Our P.U.M.P. (Promoting Ultimate Muscular Performance) class is designed to target all the major muscles of the body, including the heart. The breakdown for this class is half cardiovascular training and half muscle conditioning. In the cardiovascular component of the class, you will be taught the basic principles of step training. The muscular conditioning component of the class will vary. Equipment used for this portion of the class may include hand weights, medicine balls, stability balls, Glides®, tubing or bands. We highly recommend this class to anyone who is just starting out!

## BODYBLAST

Our bodyblast class is a strength and toning class. There is no cardiovascular component. The design of this class is simple – target every body part! Be prepared to work both your upper and lower body. Equipment will vary from class to class to keep your body "reacting" to the exercises performed. Proper body alignment and training techniques will be demonstrated.

## BOOTCAMP

Be prepared to SWEAT! This class is designed to "push". In Bootcamp, intervals of cardiovascular training will be interspersed with muscular strength or endurance training. The "drill sergeant" will lead you through a challenging array of exercises mimicking training techniques used in the military. Discover your inner strength by pushing the limits of what you "CAN" do. This class will challenge your body and mind.

## STEP

Our step class is designed to increase cardiovascular strength and endurance. By stepping up and down on a platform, you will be lead through a variety of choreographed routines. Since the emphasis in this class is cardiovascular, abdominals will be the only muscle group targeted for muscular strength. Due to the choreographed nature of this class, if you have never stepped before, we recommend that you learn the basics of stepping in our P.U.M.P. class.

## CIRCUIT

Our circuit class targets both the cardiovascular system and the muscular system. This is an interval training type workouts. In this class you will learn proper exercise techniques with a variety of equipment. Interval training classes are great for all levels from beginners to advanced because the goal is to "go at your own pace" so that you can "go the distance". There is no choreography in our CIRCUIT class.

## FAT BLASTER

Our Fat blaster class targets both the cardiovascular system and the muscular system. This is an interval training type of workout with minimal choreography. Be prepared to be pushed so that you can achieve maximal caloric expenditure in this early morning class. Kick start your day!

## KICKBOXING

Our kickboxing class is a non-contact cardiovascular workout utilizing punching and kicking techniques from both martial arts and kickboxing. Occasionally target pads and gloves are used to practice punching or kicking a target. There are no tests or belts in this class. The class is designed to expose individuals to basic "kickboxing" drills. Discover the sense of empowerment as you punch and kick your way to fitness. There is a short muscular training component at the end of each kickboxing class.

## ZUMBA

Leave your inhibitions at the door, and be prepared to party your body into shape. In this class, we combine simple moves with motivating music, and a whole lot of attitude, to bring you a fun workout. Be prepared to party yourself into shape. There is no dance experience required, but we recommend that you bring a whole lot of attitude. Zumba classes are the newest fitness craze. Drop-in and see what the excitement is all about.

## YOGA

Our yoga class is designed to increase strength, flexibility and overall balance. In this class, you will be lead through a series of yoga postures linked together by breath. Feel the energy through your body as you "flow" from one yoga pose to the next. This class ends with a meditation / relaxation component.