




MONROE

www.straubsfitness.com
revised 2/8/10
Winter

Hours
Mon –Thur 5am – 10 pm
Friday 5 am – 9 pm
Saturday 7 am – 7 pm
Sunday 7 am – 7 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 Cycle** Bob		6:15 Cycle** Bob		5:30 Cycle** Lynn	7:30 TuffRide Cycle** Susannah/Lis	
8:30 Cycle* Ally	8:30 Sculpt Trisha	9:30 Cycle** Kristi	8:30 Sculpt Donna	8:30 Cycle** Trisha	8:00 Strength/Stability Jody	9:00 Cardio Combo Stephanie
9:30 Cycle** Trisha	9:30 Power Cut** MaryJayne	9:30 Step Interval Laura	9:30 Power Cut** Trisha	9:30 Cycle** Kristi	9:15 Cycle** Steph./Susannah	9:00 Cycle** Lynsey/Trish
9:30 Step MaryJayne	10:30 Yoga Flow Arlene	10:30 Pilates Lucetta	10:30 TRX \$\$ Starts 1/21	9:30 Yoga Flow Arlene	9:15 Cardio Challenge Michelle P.	
10:30 Pilates Lucetta				10:30 Boot Camp Laura	10:30 Yoga Lucetta/Marisol	
5:00 Kickboxing Isabelle		4:30 Cycle** Susannah			11:30 – 5pm Birthday Parties Trisha	
6:00 Hatha Yoga Lucetta	5:00 TRX \$\$ Survey	5:15 Boot Camp Carol	5:00 TRX \$\$ Starts 1/21			
6:15 Cycle** Lynn	6:00 Yoga Elsa	6:15 Yoga Marisol	6:00 Power Cut** Lis			
7:15 Cycle** Ally	7:15 Power Cut** Stephanie	7:15 Cycle** Trisha	7:15 Yoga Lucetta/Marisol	7:15 Cycle** Kristi		
7:15 Cardio Challenge Sue K.			8:15 Zumba \$\$ Coming Soon			

Birthday Parties – Give your child a Birthday Party to remember. 2 hours of personalized fun and games.

Cycle**-45 min. of cycle to your favorite music. Tones gluteus, thighs, and abs while strengthening your Heart. Reserve your seat at the front desk.

Double Step – Easy to follow routines with twice the fun burning calories and strengthening your heart.

Cardio Combo– 45 min. of intermediate level step choreography, 15 min. of low impact aerobics/kickbox, 15 min. of arms, abs and a cool down.

Kickboxing- Kick, Punch & Jab your body into great shape. Build fitness and confidence with easy to follow yet, challenging moves.

Hatha Yoga - Strength & Stretch your muscles with this new age art. All levels of ability welcome.

Pilates- Strength and tone your muscles with emphasis on full range of motion.

Power Cut** – Shape and Tone every major body part while challenging your cardiovascular fitness. **Sign up to attend!!

Sculpt – Tone your muscles and burn calories. Tubing, bands, dumbbells, balance balls and our great Instructors will get you fit!

Strength and Stability-Use your core muscles while creating overall body strength.

Step Interval – Intervals of choreographed step with low impact aerobics.

Tanning: Look your best using our Pro Sun Tanning Bed. Packages available. \$7/tan, \$49/10 sessions & \$59/1 month unlimited use.

TuffRide Cycle: Kick it up a notch with Susannah or Lis. A 45 minute challenging cycle class. Not for beginners!

TRX Suspension Training- Small Group Training with Master Trainer Alice Black. Dynamic progressive core training for Beginner to Pro.

Zumba- The Fitness Revolution has Begun. Damola takes your energy to a new level. Water is recommended! \$69/six weeks or \$15/class.

Free Child Care Hours:

MON	TUE	WED	THUR	FRI	SAT	SUN
9-12 noon	9-12 noon	9-12 noon	9-12 noon	9-12 noon	9-12p	8:45-11:45a
4:30 – 8:20 pm	4:30 – 8:20 pm	4:30 – 8:20 pm	4:30 – 8:20 pm			