




# AEROBICS SCHEDULE *Spring* 2012

Effective March 29th, 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WHIPPED!</b> Janice 9:00-10:00AM	<b>SILVER SNEAKERS</b> Michelle 9:30-10:30AM	<b>BOOTY CAMP</b> Denise 9:30-10:30AM	<b>WHIPPED!</b> Janice 9:00-9:45AM	<b>SILVER SNEAKERS</b> Denise 8:30-9:30AM	<b>SCULPT</b> Janice 9:00-9:45AM	<b>PURE STEP</b> Lisa 8:00-9:00AM
<b>The Boom Fitness</b> Presents: SHELLY REGO Teaching <b>ZUMBA</b> 10:30 AM	<b>BODY BAR BOOT CAMP</b> Janice 12:15-1:00PM			<b>YOGA</b> Caroline 9:30-10:30AM		
<b>The Boom Fitness</b> <b>ZUMBA KIDS</b> KIDS AGES 5-12 *PRE-PAID COURSE STARTING APRIL 8th - JUNE 11:30AM	<b>PILATES</b> Karen 4:30-5:30PM	<b>STEP INTERVAL</b> Janice 12:15-1:00PM	<b>CARDIO-KICKBOXING</b> Denise 12:15-1:00PM	<b>FAT BURNER</b> Jessica 12:15-1:00PM		<b>The Boom Fitness</b> Presents: SHELLY REGO Teaching <b>ZUMBA</b> 10:00-11:00AM
	<b>SCULPT</b> Jen 5:30-6:30PM		<b>FITNESS YOGA</b> Bonnie 4:30-5:30PM			
	<b>YOGA</b> Caroline 6:30-7:30PM	<b>BODY BAR BOOT CAMP</b> Denise 5:30-6:30PM	<b>PURE STEP</b> Lisa 6:00-7:00PM	<b>WHIPPED!</b> Janice 6:00-6:45PM	<b>The Boom Fitness</b> Presents: SHELLY REGO Teaching <b>ZUMBA</b> 6:00-7:00PM	
	<b>BOSTON CANNONS DANCE TEAM TRAINING</b> 7:30-9:30PM	<b>The Boom Fitness</b> Presents: SHELLY REGO Teaching <b>ZUMBA</b> 7:00-8:00PM	<b>The Boom Fitness</b> Presents: SHELLY / Various Instructors <b>ZUMBA</b> 7:30-8:30PM	<b>The Boom Fitness</b> Presents: SHELLY REGO Teaching <b>ZUMBA</b> 7:00-8:00PM	<b>QUESTIONS OR COMMENTS?</b> <b>PLEASE CONTACT:</b> Janice McHugh Aerobics Director janice.mchugh@comcast.net	

*Introducing*  
our New Instructors  
**Jessica & Karen!**

**PILATES IS BACK!**

Class Schedule & Instructors are subject to change.

Classes will not be held with attendance of LESS THAN 3 Members!

Try Our  
**Whipped!**  
with our own  
Aerobics Director  
**Janice McHugh**

## PRO-FITNESS PLUS

333 Boston Road | Billerica, MA 01821 | 978.667.0083 | [www.PRO-FITNESS.com](http://www.PRO-FITNESS.com)

### ETIQUETTE FOR ALL PRO-FITNESS PLUS MEMBERS & GROUP CLASSES

- All members must carry in Aerobic Sneakers
- Please bring a small towel for all classes
- Place all dumbbells or equipment on mats to preserve flooring
- No gum allowed

**The Boom Fitness**  
Presents:  
SHELLY REGO Teaching  
**ZUMBA**  
FITNESS  
"She-Boom" is a pay for class  
\$5 for Members \$8 for Non-Members

# CLASSES AT: **PRO-FITNESS PLUS**

**The Boom** Fitness

Presents:

**SHELLY REGO** Teaching



Is the best dance and workout routine you will ever do. The ONLY requirement is to “HAVE FUN!!” Come join the party!  
(All Levels Welcome!)

**STEP INTERVAL** Basic step choreography with intervals of weight training. If you’re looking to burn calories and define your muscles, this class is for you!

**CARDIO-KICK-BOXING** Punch, kick and jab your way through this cardio workout. Kickboxing can be easy to learn, with no complicated choreography. Come find out for yourself what the excitement is about. ALL LEVELS WELCOME!

**FITNESS YOGA** Yoga is an ancient form of movement promoting balance, flexibility, strength and relaxation through various postures and breathing techniques. This class uses gentle stretching, toning and breathing to build a foundation of Core strength. ALL LEVELS WELCOME!

**SCULPT** Sculpt and condition your body by using a variety of equipment and exercises to target ALL muscle groups. An effective work-out for all levels!

**PURE STEP** Looking to burn fat? This high intensity/low impact workout will maximize fat burning, while shaping and defining your muscles. The routines involve basic stepping patterns on and off the platform while learning choreography. STEP REEBOK uses Reebok terminology and advanced moves. ALL LEVELS WELCOME!

**WHIPPED!** With Janice. Get “Whipped” into shape in this high intensity class! It’s hard work has tons of sweat. (Bring a towel for this one!) And it’s lots of fun....really it is fun!

**PILATES** With Karen. Exercise system developed to strengthen muscles, improve balance, increase flexibility and coordination. Modifications for exercises will be offered to suit all fitness levels.

**FAT BURNER** Fat burner is a mix of aerobic style cardio with intervals of strength training exercises. All Levels Encouraged!!!

**BODYBAR BOOT CAMP** A high intensity class using various weighted bars.

**SILVER SNEAKERS!** Senior Fitness-Simple Cardio Combos with intervals of light toning exercises. Class focuses on building muscles used in everyday activities.

**BOOTY CAMP** An intense lower body workout for all levels...

**FULL BODY STRETCH** A perfect class after you have worked out. Stretch your entire body from head to toe. All levels welcome!

**YOGA** This class is designed to learn easy yoga moves with intervals of core strengthening. ALL LEVELS WELCOME!

## CLASS POLICIES:

- **NEW POLICY:** Members must bring in your own towel! (gym etiquette)
- To preserve our floor, you must CARRY in aerobic shoes.
- Arrive-on time. The warm-up is an important part of your class, And aids in the prevention of injury.
- If you must arrive late, please warm-up before entering class.
- Proper aerobic sneakers are required to ensure your safety.
- Please use lockers to store belongings. Annual locker rentals are available.
- Children are not allowed in the aerobics room. (Unless participating in class with a signed waiver).
- Food is not allowed in the aerobics room at any time!
- A water bottle (plastic) and towel is recommended.
- Please be aware of your fitness level. There are many classes To choose from. Inform your instructor of any medical Conditions you may have.



*\* Classes that use weights (Body bars, Dumbbells, Etc.) Must be placed on mats.\**

## CLUB HOURS:

<b>Mon-Thurs.</b>	5AM - 10PM
<b>Friday</b>	5AM - 9PM
<b>Saturday</b>	7AM - 6PM
<b>Sunday</b>	8AM - 5PM

## BABYSITTING HOURS:

<b>Mon-Fri.</b>	8:30AM - 1PM
<b>Mon-Thurs.</b>	4PM - 8PM
<b>Friday</b>	4PM - 7PM
<b>Saturday</b>	8AM - NOON
<b>Sunday</b>	8:30AM - 11:30AM