

# Ultimate Fitness East Class Schedule

631-369-6293

\*\*\*UPDATED DEC 2011 \*\*

*Childcare Hours* Monday- Friday :8:30am- 11:30pm & 4pm - 8pm Saturday 8:30am-11:30AM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 <b>STEP &amp; SCULPT</b> Debbie H.		6:15 <b>STEP &amp; SCULPT</b> Debbie				
7:30 <b>YOGA</b> Amy	7:30-9:00 <b>PILATES</b> Dot	7:30 <b>ULTIMATE CYCLING</b> Dot	7:30-9:00 <b>PILATES</b> Dot	7:30 <b>STEP</b> Dot	7:15 <b>BODYSULPT</b> Debbie	8:30 <b>STEP</b> Peter
8:30 <b>YOGA</b> Amy	9:00 <b>ULTIMATE CYCLING</b> Lee	8:30 <b>YOGA</b> Heather	9:00 <b>ULTIMATE CYCLING</b> Lee	8:30 <b>YOGA</b> Heather	8:30-10:00 <b>ULTIMATE CYCLING</b> Lee	9:30 <b>YOGA</b> Kathleen
9:30 <b>ULTIMATE CYCLING</b> Doll	10:00 <b>BODYSULPT</b> Lee	9:30 <b>STEP</b> Heather	10:00 <b>BODYSULPT</b> Lee	9:30 <b>BELLYDANCE AEROBIC</b> Heather	10:00 <b>ZUMBA</b> Irina	10:30 <b>QI GUNG</b> Phil
10:30 <b>BODYSULPT</b> Doll	11:00 <b>SILVERSNEAKERS</b> Lee		11:00 <b>SILVERSNEAKERS</b> Jeanne	10:30 <b>ZUMBA GOLD</b> Renee		
	5:30pm <b>PEDAL N PUMP</b> Gabriella	4:30pm <b>ZumbaToning</b> Renee	5:00pm <b>BUTTS AND GUTTS</b> Deb			
5:30pm <b>KICKBOXING</b> Deb	6:30pm <b>ZUMBA</b> Amanda	5:30pm <b>STEP</b> Deb	6:00pm <b>ULTIMATE CYCLING</b> Doll		<i>All classes are 1 hour unless noted</i>	PM classes
6:30pm <b>BODYSULPT</b> Deb			7:00pm <b>ZUMBA</b> Doll			

WWW.ULTIMATEFITNESSEAST.COM

**UFE Hours**

Monday-Thursday 4am-11pm

Friday 4am-10pm

Saturday 7am-9pm

Sunday 8am-6pm

ULTIMATE CYCLING: An Indoor Group cycling class. Come and get the ride of your life.

BODYSCULPT: full body workout designed to strengthen and tone the upper and lower body.

STEP: A cardiovascular workout with creative step patterns and movement on and around the step.

STEP & SCULPT: A one hour class combining cardio step and the body bar/weights .

YOGA: Designed to teach basic yoga postures, increase flexibility, strength and skill level while focusing on breathing, relaxation and strength.

PILATES: Mat class designed to strengthen and lengthen back, abdominals, hips, gluts, thighs, upper body, pelvic girdle, and spine. Will build strength, increase flexibility and agility, & enhance posture.

KICKBOXING: One hour class combining light weight exercises, kicking, and punching combinations set to fast paced music. All levels welcome!

ZUMBA: It's a Latin Dance Party!!! Come and dance, have fun and SWEAT SWEAT SWEAT!!! No dance experience needed!!! Men and women are welcome!

ZumbaGOLD: Lower impact, easy to follow Latin inspired dance fitness party!

ZumbaToning: Perfect way to naturally sculpt your body while having a blast! Combines targeted body-sculpting with a cardio workout!

Butts and Gutts: A One-hour class that focuses on toning and tightening the lower body and abdominals!!!! You will use different types of equipment to Tone and Firm up.

Bellydance Aerobic: A one-hour cardio class that incorporates belly dancing into an aerobic workout! You will have fun and sweat! Come and give it a try! You do not need dance experience!!!!

KICKBOXING: One hour class combining light weight exercises, kicking, and punching combinations set to fast paced music. All levels welcome!

Cardio Challenge: Are you ready to be challenged? A one hour cardio class that will get your heart pumping, your feet moving and the sweat flowing! This cardio class will incorporate different types of cardiovascular moves to keep you challenged!!!!