



Located in Marketplace Mall
 311 Miracle Mile Drive (near Dick's Sporting Goods and The Bon Ton)
 585.424.6464 www.bounceaerobics.com

****Effective Monday, January 9th – February 20th, 2012****

<u>MONDAY</u>			<u>THURSDAY</u>		
9:00AM	SUPER Strength	With Christine	9:00AM	ZUMBA®	With Georgia
12:00PM	Intro to Yoga (45 min)	With Harland	10:00AM	Extreme Abs (15min)	With Georgia
4:30pm	Intro to Yoga	With Harland	5:45PM	Turbo Kick® (45 min)	With Christine & Maria
5:45PM	SUPER Strength (45 min)	With Maria	6:30PM	BOOTCAMP	With Dennis
6:30PM	ZUMBA®	With Maria	7:30PM	ZUMBA®	With Maria & Christine
7:30PM	ZUMBA Toning™	With Maria	8:30PM	*PiYo™ (30 min)	With Christine
8:30PM	*ZUMBA® (45 min)	With Maria			
<u>TUESDAY</u>			<u>FRIDAY</u>		
9:00AM	Intro to Yoga	With Harland	9:00AM	SUPER Strength	With Georgia
12:00PM	ZUMBA® (45 min)	With Georgia	10:00AM	Intro to Yoga	With Harland
12:45PM	Extreme Abs (15 min)	With Georgia	6:30PM	ZUMBA®	With Georgia
5:45PM	*Slim Down Challenge	With Christine			
6:00PM	*Turbo Kick® (30 min)	With Christine	<u>SATURDAY</u>		
6:30PM	BOOYA Hip Hop (30 min)	With Christine	10:00AM	PiYo Strength™	With Christine
7:00PM	Booty Bounce (30 min)	With Christine	12:30PM	Zumbatomic™ (30 min)	With Melissa
7:30PM	PiYo™ (30 min)	With Christine	1:30PM	ZUMBA®	With Melissa
8:05PM	ZUMBA® (45 min)	With Sheila	<u>SUNDAY</u>		
<u>WEDNESDAY</u>			10:00AM	ZUMBA®	With Maria
9:00AM	SUPER Strength	With Christine	11:00AM	Extreme Abs (15 min)	With Maria
5:45PM	SUPER Strength (45 min)	With Georgia			
6:30PM	ZUMBA Toning™	With Maria			
7:30PM	ZUMBA®	With Maria			
8:30PM	YogAbs (30 min)	With Harland			

All classes are 60 minutes in length unless otherwise noted.

Never been to a class at Bounce? Your first class is FREE!!

(*) indicated a NEW class or update made to the schedule!

Zumbatomic™ is a KIDS ONLY class and is only \$4 per child/per class.

All other classes are \$8/per class OR talk to us about our membership pricing!

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CLASS DESCRIPTIONS

BOOTCAMP- Want to take out all of the complicated dance combos and just work hard? BOOTCAMP is for you! Get ready for cardio drills, kickboxing moves, and strength training designed to take your workout to the next level! Suitable for ALL!

Booty Bounce- This 30 minute class is designed to tighten that back side, as well as firm up your midsection and legs! Have fun while you feel the booty burn!

BOOYA Hip Hop- "booya" is defined as a verbal expression of victory like "BAM! In your FACE! And Heck Yeah" all at the same time! That is exactly what this class is- fun and funky Hip Hop that will leave you sweaty and begging for more! Suitable for anyone who wants to have a great time while burning serious calories!

COMBO Classes- Ok, we've done it! Maria & Christine have decided to partner up EVERY THURSDAY for the most heart-pounding, booty shaking classes you could imagine! We're combining our three favorite classes, Turbo Kick®, BOOYA Hip Hop, and of course, ZUMBA® so get ready for a calorie-burning PARTY!!

Intro to Yoga- In Intro to Yoga, we keep it simple and give you a small glimpse into the world of yoga. The main focus on this class is stress and tension relief which is done through proper breathing techniques, stretching, and simple poses that will leave you feeling loose and relaxed. Its all about feeling good!

Pilates- a mat class designed to strengthen, tone, and stabilize the muscles of the abs, back, and butt. Muscles are lengthened and strengthened creating long, lean muscle and an overall toning of the body. Great change of pace for all!

PiYo™- This dynamic fusion workout is easy on the joints, yet delivers strength, balance, agility and flexibility in one unique calorie burning workout. Got flexibility? PiYo™ is the perfect blend of Pilates/Yoga, sports stretch, dance stretch, athletics and more. This is a stretch workout for those who want more than just flexibility; they want to burn calories and build muscle! A MUST TAKE!!

PiYo Strength™- Take your workout to the next level with this mat, yes I said MAT, class!! Think of it like bootcamp with your shoes off! PiYo Strength™ incorporates everything you love from Pilates & Yoga classes and ups the intensity with strength training exercises sure to make you sweat. It is suitable for ALL because of the many different modifications.

Slim Down Challenge- This SIX WEEK challenge is designed to help with your New Year's Resolutions! From 5:45-6:00pm each Tuesday night, we will be taking measurements, giving nutrition advice, or doing an extra workout. Then, stay for one or all of the 30 minute classes to follow. The three biggest "losers" win a gift basket full of Zumba®, Turbo Kick®, & Bounce goodies! *if you are not a member, you must pay for at least one of the Tuesday night classes to participate in the first 15 minute's events.

SUPER Strength- No messing around in this weight lifting class- this is all strength and all awesome! Don't be intimidated, using the right weighted dumbbells for you makes this class suitable for all fitness levels and age groups. It is a NEEDED class for EVERY woman (and man)!!

Turbo Kick®- Created by fitness celebrity Chalene Johnson, creator of *Turbo Jam®*, *Turbo Fire®*, & *Chalean Extreme* workout DVDs, this class will maximize your workout with ab sculpting moves and fat burning cardio! Filled with boxing, karate, hip hop and funk! Come join the party and possibly burn up to 1000 calories a workout!

YogAbs- This 30 minute class introduces yoga-style abdominal exercises for a different kind of workout and a great way to end your night!

ZUMBA®- Created by celebrity fitness trainer, "Beto" Perez, ZUMBA says, "Ditch the workout and join the party!" This class is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

ZUMBA Toning™- This awesome class blends body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. Participants use weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength.

Zumbatomic™- Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they're at it? This class is for kids ONLY from ages 4-11 years old. Cost is now \$4 a class!

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