

**March 2010**

**Barnstable FitPlan Center**

735 Attucks Lane, Hyannis 508-778-5000

Hyannis Class Schedule

Monday-Friday 5:30am-8pm, Sat. 8am-4pm, Sun. 8am-Noon

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						<b>SIGN UP IS REQUIRED TO ATTEND :</b> -Yoga -TRX: Ropes & Straps  <b>Sports Conditioning: Appointments by Schedule—see staff</b>
Afternoon		12-12:45pm Burdenko Basics (Level 1) (Pool)  12-12:45pm Arthritis Therapeutic (Pool)	3-3:45pm Burdenko Basics (Level 1) (Pool)	12-12:45pm Burdenko Basics (Level 1) (pool)  12-12:45pm Burdenko Transitional (pool)		
Evening	5:30-6:30pm Yoga		5:30-6:15pm Burdenko Basics (Level 1 & 2) (pool)	6-6:30pm TRX Ropes and Straps	5:30-6:15pm Burdenko Basics (Level 2) (pool)	

**Mashpee FitPlan Center**

800 Falmouth Road, Mashpee 508-477-6128

Mashpee Class Schedule

Monday-Friday 6am-8pm, Sat. 8am-4pm, Sun. Closed

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		6:45-7:15am Morning Race	<b>Boxfit</b> 8:30-9:30 (see Mike for details)	7:30-8am Strive for Strength	7:30-8:30am Pilates with Eveline	
Afternoon	Sports Conditioning 3-4pm		Sports Conditioning 3-4pm			Sports Conditioning appointments by schedule—see staff
Evening					<u>Sign up is required to attend:</u>  Sports Conditioning Boxfit	

\*Fees may apply to some classes, check with FitPlan Staff for more details. Classes are subject to change without notice.

Minimum of 2 people required to hold class

# Hyannis

## **Yoga:**

Diane Kovanda will be teaching Hatha Yoga Style class. She leads you through a gentle yet powerful series of yoga asanas, which will invigorate, strengthen, and relax you. Sign up is REQUIRED for this class

## **Burdenko Basics (Level 1)**

Based upon the renowned Dr. Igor Burdenko's method of optimizing freedom of movement, this class will include exercises to challenge balance, coordination, & flexibility. This is total body conditioning class which focuses on strengthening the core muscles to allow proper movement of the extremities, this class is intended for patrons who are new to aquatic exercise, or those who are familiar w/ aquatic exercise feel more comfortable working at a lower-medium level.

## **Burdenko Transitional**

Based upon the renowned Dr. Igor Burdenko's method of optimizing freedom of movement, this class will include exercises for those individuals who find Level 1 too easy but are not yet ready for level 2.

## **Burdenko Basics (Level 2)**

Based upon the renowned Dr. Igor Burdenko's method of optimizing freedom of movement, this class will include exercises to challenge balance, coordination, & flexibility, with the addition of speed, quickness and endurance. This is a total body conditioning class, this class is for patrons who are familiar with aquatic exercise and are looking for more of a challenge.

## **Arthritis Therapeutic**

This low level class is designed to help manage the pain of arthritis while improving daily body movements. The class design focuses on joint relief and muscle relaxation through slow active head to toe exercises. Come to our class and let the warm water allow you to move free.

## **TRX**

This is a high intensity circuit training class that combines TRX suspension training and jump rope. This class is a great strength and cardiovascular workout. If you are looking for a challenging and new way to exercise this class is for you.

# Mashpee

## **Morning Race**

Class is structured to improve cardiovascular fitness, blood pressure, and resting heart rate. Attend this class if you are looking for a challenge early in the morning to wake up! This is a 6-week class and that begins February 2, 2010

## **Boxfit**

Boxfit will teach you the skills of boxing and give you a cardiovascular workout. Class utilizes boxing equipment including the speed bag, heavy bag, jump rope and much more. Sign up today to take this fun and effective fitness class.

## **Functional Fitness**

A circuit class designed to improve general conditioning, with an emphasis on balance and function. Circuit training is an enjoyable and effective approach to developing strength while improving cardiovascular health and fitness.

## **Sports Conditioning**

The FitPlan offers sports conditioning to middle school, high school and college athletes. The sports conditioning program will focus on building strength, power, speed, agility and flexibility in a fun and safe environment. This program will help improve an athlete's performance on the field and also reduce the risk of injury.

## **Strive for Strength**

This class is great for those looking to improve bone mineral density and strength. Weight training is involved with low reps and hard weight. This is also a 6-week class that begins February 4, 2010.

## **Pilates**

Taught by our new instructor Eveline. Class is a 6-week session. See FitPlan staff to sign-up and pay.