

July 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						SIGN UP IS REQUIRED TO ATTEND : -Yoga -Tai Chi *payment required Sports Conditioning: Appointments by Schedule—see staff
Afternoon		12-12:45pm Burdenko Basics (Level 1) (Pool)	3-3:45pm Burdenko Basics (Level 1) (Pool)	12-12:45pm Burdenko Basics (Level 1) (pool)	3-4pm Sports Conditioning	
Evening	5:30-6:30pm Yoga 6:30-7:30pm Tai Chi *registration & payment required		5-5:45pm Burdenko Basics (Level 1 & 2) (pool)		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		7-7:30am Lifestyle Fitness	7:30-8:00am TRX Circuit 8:45-9:45am Boxfit (see Mike for details)	7:30-8am Level 1 Aerobics		
Afternoon					5:30pm Running Club 3 & 5 miles	Sports Conditioning appointments by schedule—see staff
Evening					SIGN UP IS REQUIRED TO ATTEND: 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 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.

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.

Tai Chi Class

Feel energized and empowered with this ancient Chinese martial art. Tai Chi is the internal balance know around the world for its healing of the body, mind and spirit. Achieve flexibility as you learn moves through historical martial applications theory. It is both standing and moving meditation. Instructor Loashur John W. Morash M.Ed. has been training people on Cape Cod and Massachusetts for over 30 years in the martial arts.

Mashpee

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.

TRX

This is a high intensity circuit training class that combines TRX suspension training, medicine ball exercises, Burdenko bands, 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.

Lifestyle Fitness

Functional exercises geared to improve flexibility, balance, and strength

Level 1 Aerobics

Low impact moves paired with circuit training on the cardio equipment