

Fitness Extravaganza 2015



11-11:30am





CHECK ONE

11:30-12pm

CHECK ONE



SATURDAY, JANUARY 3RD

CHECK ONE

10:30-11am

YOUR SCHEUDLE

Participa	nt	Name:

CHECK ONE BELOW BELOW BELOW BELOW BELOW BELOW FITNESS CLASSES - ADULT 16yrs+

10-10:30am

CHECK ONE

9:30-10am

9-930am

† = Adult & Teen (Ages 13 +), ្មុំ = Teen Ages (13 - 18yrs), * = Family Ages 3 & up

CHECK ONE

Yoga & Meditation	Bollywood	Restorative Yoga	Mat Pilates	Barre Fitness	Prenatal Yoga	
Teen Yoga:/;	Yoga Sculpt (W/ Live Drummer)	Ashtanga Based Yoga	Yoga Flow	Vinyasa Flow Yoga	Slow Flow hatha Yoga	
Strength & Tone	Family Yoga*	30 Minute Abs	Insanity	Silver Sneakers -Classic	Lose to Win	
Zumba	CrossTrain	R.I.P.P.E.D.®	Total Body Bootcamp	Family Zumba* (w/Live Drummer)	Cross Train†	
Spin & Tone	TRX	TRX/Kettlebell Fusion	Group Spin†	Spin & Tone	TRX/KettleBell Fusion	
	Strength Training	Fitness Orientation	Fitness Orientation	PowerTrain	Fitness Orientation	
Body Assessments		Body Assessments		Body Assessments		
Vida Sana Fit Tests	Vida Sana Fit Tests	Vida Sana Fit Tests	Vida Sana Fit Tests	Vida Sana Fit Tests	Vida Sana Fit Tests	
	Teen Yoga ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ; ;	Yoga Sculpt (W/ Live Drummer) Strength & Tone Family Yoga* Zumba CrossTrain Spin & Tone TRX Fitness Orientation Body Assessments	Yoga Sculpt (W/ Live Drummer) Strength & Tone Family Yoga* Zumba CrossTrain Spin & Tone TRX TRX/Kettlebell Fusion Fitness Orientation Body Assessments Yoga Sculpt (W/ Live Drummer) Ashtanga Based Yoga 30 Minute Abs R.I.P.P.E.D.® TRX/Kettlebell Fusion Fitness Orientation Body Assessments	Yoga Sculpt (W/ Live Drummer) Strength & Tone Family Yoga* Zumba CrossTrain R.I.P.P.E.D.® Total Body Bootcamp TRX TRX/Kettlebell Fusion Fitness Orientation Body Assessments Fitness Orientation Body Assessments For a service of the property o	Yoga Sculpt (W/ Live Drummer) Strength & Tone Family Yoga* 30 Minute Abs Insanity Silver Sneakers - Classic Family Zumba* CrossTrain R.I.P.P.E.D.® Total Body Bootcamp Fitness Orientation Fitness Orientation Strength Training Fitness Orientation Body Assessments Body Assessments Yoga Flow Vinyasa Flow Yoga Vinyasa Flow Yoga Vinyasa Flow Yoga Family Zumba* Family Zumba* (w/Live Drummer) Spin & Tone Fitness Orientation Fitness Orientation Fitness Orientation Body Assessments Body Assessments	

CHALLENGES - ADULT 16vrs+

	9-930am	n 9:30-10am		10-10:30am		10:30-11am		11-11:30am		11:30-12pm		
Challenge												
Zone	WALL SQUAT				SIT UPS		PUSH UPS				PLANK	
EAST GYM												
(South Wall)			PULL UPS						PULL UP BAR HANG			
Weight												
Room					CHEST/BENCH PRESS		LEG PRESS/SQUAT					
Challenge												
Zone			HAMSTRING STRETCH						MILE RUN			

CHILDREN 2yrs+older - Check Kiddos in while you workout! (No diaper service provided.) * Parents/Gaurdians must remain in Northside Facility as event participants while child is checked in.

	9-930am	9:30-10am	10-10:30am	10:30-11am	11-11:30am	11:30-12pm
	Variety of Age Appropreite					
Monkey	Activities & Games (Including,					
Rooms	Parachute, Musical Chairs & more)					



Fitness Extravaganza 2015

SATURDAY, JANUARY 3RD 9-12PM COMMUNITY









FORT COLLINS PREMIER MED SPA





























