

MARCH 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1 YOGA BASICS WITH ANDREW 9 - 10:15 AM ZUMBA WITH TARA 6 - 7PM	2 ZUMBA WITH TARA 6 - 7PM	3	4	5	6 YOGA BASICS WITH ANDREW 9 - 10:15AM
7	8 YOGA BASICS WITH ANDREW 9 - 10:15 AM ZUMBA WITH TARA 6 - 7PM	9 ZUMBA WITH TARA 6 - 7PM	10	11	12	13 YOGA BASICS WITH ANDREW 9 - 10:15AM
14	15 YOGA BASICS WITH ANDREW 9 - 10:15 AM ZUMBA WITH TARA 6 - 7PM	16 ZUMBA WITH TARA 6 - 7PM	17	18	19	20 YOGA BASICS WITH ANDREW 9 - 10:15AM
21	22 YOGA BASICS WITH ANDREW 9 - 10:15 AM ZUMBA WITH TARA 6 - 7PM	23 ZUMBA WITH TARA 6 - 7PM	24	25	26	27 YOGA BASICS WITH ANDREW 9 - 10:15AM
28	29 YOGA BASICS WITH ANDREW 9 - 10:15 AM ZUMBA WITH TARA 6 - 7PM	30 ZUMBA WITH TARA 6 - 7PM	31			

PLEASE CALL (401) 233-2348 TO REGISTER FOR ONE OF OUR CLASSES / NO DROP-IN'S

CLASS GUIDELINES

- It is best to arrive 10 minutes early so class can start promptly.
- Wear comfortable, loose-fitting clothing.
- It is recommended not to practice yoga on a full stomach; wait 2-3 hours after eating to practice.
- We encourage you to bring a mat and bottled water.
- Please turn off ringers on cell phones.
- Please refrain from wearing strong fragrances.
- Last but not least, it is highly recommended to have tons of fun!

CLASS FEES

INDIVIDUAL CLASSES

60 minutes: \$12 per class

75 minutes: \$14 per class

8 CLASS PACKAGE

60 minute classes: \$80

75 minute classes: \$96



CLASS DESCRIPTIONS

BETTER YOUR BODY BOOTCAMP (KEN) - 60 MINUTES

If you are seeking an intense workout, in a positive and highly motivating environment, you've come to the right place. Our boot camp program is a result oriented group conditioning program that trains the entire body. Workouts include a mix of body calisthenics (ex. squats, lunges, jumping jacks, push-ups) cardio and strength training. Boot Camp is designed to burn fat/calories, tighten and tone muscles, speed up metabolism, lose weight, boost energy, and most importantly have lots of fun! Don't be intimidated by the name... Bootcamp is designed for beginners, intermediate or advanced exercisers.

KICKBOXING (KEN) - 60 MINUTES

This class involves specific punches and kicks, usually to the beat of music. The moves are worked into swiftly executed combinations (for example: jab, cross punch, hook, uppercut, front kick). Instructors will mix in a few minutes of jumping rope (often as a warm-up) and conditioning drills (jumping jacks, sideways scooting steps). This is a great aerobic workout!

PILATES (KAREN) - 60 MINUTES

A strength & flexibility training class emphasizing mind body connection. This class includes flowing moves concentrating on core strength, muscle balance and flexibility. Also improves postures and maintains joint range of motion.

YOGA BASICS (ANDREW) - 75 MINUTES

Grounded in the yogic principles of non-harming (ahimsa) and truthfulness (satya), this class is designed to effortlessly strengthen and tone the body while increasing flexibility and suppleness of the joints. Great for beginners, this class explores foundational postures through an attention to body alignment and breath awareness. It is largely a restorative practice aimed at gently soothing tension and refreshing the body through an introspective look at body dynamics in both movement and stillness. Try it; it's a breath of fresh air.

ZUMBA (TARA) - 60 MINUTES

Bring your party attitude and get it started! Cool name and cool moves make it the latest craze to hit fitness and dance studios. Zumba is the Latin-inspired dance aerobic program that anyone can learn and have a good sweat, with specific exercises sneakily built in so that you barely know you're working out. A typical Zumba session incorporates several dance styles including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco and belly dancing. Zumba mixes effective body sculpting movements with easy to follow fun dance steps. It maximizes caloric output to up to 750 calories per hour, fat burning and total body toning.

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INSTRUCTORS

ANDREW MOULTON

Andrew Moulton holds a degree in Human Ecology and is a certified 200-Hour Yoga Alliance Teacher of hatha and vinyasa yoga styles through Cathy Cesario at All That Matters in Wakefield, RI. In 2004, he spent a transformational three years in Honduras as an agricultural technician with the Peace Corps where, through a self-guided yoga practice, developed the base of his yogic experience. He enjoys working privately with students to refine their alignment, deepen their practices, and explore the therapeutic aspects of yoga.

KAREN ORTIZ

With over 12 years of experience in bodywork, Karen is a graduate of the Muscular Therapy Institute and nationally certified massage therapist, certified Reflexologist, Certified GYROTONIC Trainer® and certified through the Pilates Method Alliance. With her start in massage therapy, Karen then trained in Pilates where the instant improvement in her posture gave her the motivation to become an instructor and give her clients the same power and knowledge of their own bodies. Karen has continued to expand her bodywork in Boston & NYC and has had the pleasure of working directly with Aaron Mattes the pioneer in the Active Isolated Stretching method and has assisted trainer Marjorie Brooks with AIS seminars in New England.

KEN ROY

Ken has been in the Fitness and Training industry for over 12 years. As a former Marine, he knows what it takes to get results. He is a certified Personal Trainer and a Sports Nutritionist. He will educate you on Training and Nutrition to help you maintain the look you worked so hard to get and show you how to maintain it for The Rest of Your Life.

TARA VALLETTA

Tara Valletta is extremely passionate about the Zumba program. She started taking Zumba classes in the summer of 2009 as a student and saw how positively it affected her confidence and self esteem. From there, she received her Basic Level 1 certification in October & her Basic Level 2 certification this January. She will soon be certified for Zumbatomic, which is Zumba for children. She is also currently working towards her Personal Training Certification through ACE as well as her Group Fitness Instructor Certification.

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