

## SEPTEMBER 2010

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

**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

30 minutes: \$8 per class

60 minutes: \$12 per class

#### 8 CLASS PACKAGE

60 minute classes: \$80



## CLASS DESCRIPTIONS

### NIA (SANDRA) - 60 MINUTES

Nia blends elements of martial arts, dance and yoga into a complete fitness program that works with physical, mental, emotional and spiritual realms to provide students with a greater connection to their inner selves through movement. The choreography is simple, allowing for interpretation and freedom of expression and requires no experience whatsoever.

### 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.

### POWER HALF HOUR (KAREN) - 30 MINUTES

Join us from 5:30 to 6:00pm on Tuesday nights to focus on different half hour workouts with a theme.

### VINYASSA FLOW YOGA - ALL LEVELS (HEATHER) - 60 MINUTES

Vinyassa is a moving form of Hatha Yoga, which links one breath with one motion. It has also been called meditation in motion. The mind quiets and becomes one with the body through the breath in a dance like motion. Yoga reduces stress by adding flexibility to the muscles, and also through its focus on the breath and awareness. Practice being in the present moment, a very healthy and liberating place to be! All levels are welcome. Some postures will be challenging and strong. Modifications will be offered.

### 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

### HEATHER PEARSON

Heather teaches Vinyasa Flow Yoga for all levels with a focus on proper alignment and modifications so that each person is able to personalize their practice. She encourages all of her students to practice with awareness to find their edge and to smile. Heather's goal is to have each person feeling good not depleted when they leave class.

### 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 Magland.

### 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.

### SANDRA FONTANA

Sandra's philosophy is that "Fitness should be pleasurable and never feel like punishment. The only limitations within the boundry of our possibilities are the ones we create." Sandra loves to connect with others in her enthusiasm for movement has an infectious effect on those who attend her class, workshops and intensive trainings. "I love what I do and the best part is sharing it with others."

### 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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