

LU'S FITNESS

YOGA ZUMBA FITNESS PILATES BELLY DANCE RETAIL

JANUARY 2011 FITNESS SCHEDULE

MONDAY

- 10:00a **YOGA*** with Julie/Veronica
- 1:00p **PILATES*** with Julie/Veronica
- 3:00p **ZUMBA*** with Julie/Leigh
- 5:00p **ZUMBA*** with Julie/Michelle
- 7:00p **ZUMBA** with Janne
- 8:00p **ZUMBA** with Hilari

Pictured is Zumba Instructor Kristen

TUESDAY

- 10:00a **YOGA*** with Julie/Greg
- 1:00p **PILATES*** with Julie
- 3:00p **ZUMBA*** with Julie/Muriel
- 5:00p **ZUMBA*** with Julie/Christine
- 7:00p **ZUMBA GOLD** with Amber
- 8:00p **BELLY DANCE** with Dana

WEDNESDAY

- 10:00a **YOGA*** with Julie
- 1:00p **YOGA*** with Julie
- 3:00p **ZUMBA*** with Julie/Christine
- 5:00p **ZUMBA*** with Julie/Kristen
- 7:00p **PILATES** with Julie
- 8:00p **BELLY DANCE** with Ping

THURSDAY

- 10:00a **YOGA*** with Julie/Ping
- 1:00p **PILATES*** with Julie
- 3:00p **ZUMBA*** with Julie/Muriel
- 5:00p **ZUMBA*** with Julie/Kim
- 7:00p **YOGA** with Veronica
- 8:00p **BELLY DANCE** with Dana

FRIDAY

- 10:00a **YOGA*** with Julie/Greg
- 1:00p **PILATES*** with Julie
- 3:00p **ZUMBA*** with Julie/Hilari
- 5:00p **ZUMBA*** with Julie/Melissa

*INDICATES TTU PFW CLASSES:

these are open to public, but the first 30 minutes is lecture. You are welcome to join us after the lecture is over!

(Weekend classes continued on reverse)

Please visit lusfitness.com for updated schedule & events
Free kid-friendly lounge available with Nintendo Wii Fitness Game Console
RESERVE SPACE FOR WORKSHOPS & GATHERINGS AVAILABLE

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JANUARY 2011 FITNESS SCHEDULE (cont'd)

SATURDAY

- 9:30a** YOGA with Julie/Ping
10:30a ZUMBA with Christine
3:30p ZUMBA KIDS* with Muriel (1/29/11)
4:30p YOGA with Veronica
5:30p PILATES with Veronica

SUNDAY

- 5:30p** ZUMBA FOR COLUMBIA** with Christine (1/9/11)

***ZUMBA KIDS** is a class designed especially for kids aged 5-12. The classes will be on Saturday's 1/29 - 2/19 starting at 3:30pm. Price is \$25. There will be a demo class on Saturday, January 22 at 3:30pm

****ZUMBA FOR COLUMBIA** is a FREE class being offered to support missions in Bogota, Columbia. This class will begin on January 9th and will continue through Spring Break. **DONATIONS WILL BE ACCEPTED!!!**

Zumba Fitness is a combination of High Energy with motivation musics & unique moves & combinations that allow the Zumba participants to Dance away their worries. Zumba is a fusion of Latin & International Music Dance Themes that create a Dynamic, Exciting, Effective Fitness System. The routines feature aerobic/fitness interval training with a combination of fast & slow rhythms that Tone & Sculpt the Body. Zumba is FUN...the type of exercise you will want to do Every Day & Feel Good about Doing It!!!

Zumba Gold is an Innovative, Fun & Exciting program designed for the active older adult, the true beginner, &/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a lower intensity, not as fast, but just as fun.

Gentle Yoga "Gentle Yoga to Me is about Being, Being Me, Being a Mother, Being Centered, Being Empowered, Being the Center-of-the-Universe, Being a Goddess."

Pictured is Zumba Instructor Christine

Belly Dance is the ultimate in Feminine Fitness, not to mention a GREAT workout!!! This class does not require previous experience in Dance, Coordination or Rhythm. We will get you Dancing in the first class!!! You will learn step-by-step, the basic movements of Belly Dance. All Movements are broken down into easy to follow sequences & are repeated throughout the class. Come & Join this Ancient Dance that will put you in touch with your Sensual Feminine Nature with Graceful Movements along with Mesmerizing Music.

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