

Schedule Starts
Saturday November 26th



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| General Group Fitness | | | | | | | |
|-----------------------|---|--|------------------------------------|------------------------------|--|--|---------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6:00 AM | BodyPump - Kelly M | see spinning schedule | 1/2 & 1/2 Sharon | BodyAttack Express - Dawn | BodyPump - Shannon | | |
| 8:30 AM | Fit for Life - Pilates - Christine Starts on Dec 19th | BodyVive - Chelsea | Fit for Life: Pilates - Christine | SH'BAM Lite - Stacy | | 9:00 am Cardio Rotation 1st & 3rd BodyCombat 2nd & 4th BodyAttack | |
| 9:35 AM | BodyAttack - Dawn | BodyPump - Stephanie | BodyCombat - Sara/Dalia | BodyPump - Stepanie | BodyAttack - Dawn | | |
| 10:40 AM | Body Sculpt - Sharon | Sculpt & Move - Sharon | BodyAttack Lite - Dawn | BodyStep - Kelly M | Body Sculpt - Sharon | 10:05 am BodyPump -Rotating Instructor | |
| 12:15 PM | Pilates - Christine | Core & More - Sharon (12:10 pm) | Pilates - Christine | BodyFlow - Crystal | Core & More - Sharon (12:10 pm) | 11:15 AM Dance Hour 1st & 3rd Dance Fusion - Sam F 2nd & 4th SH'BAM - Stacy/Teresa/Jessica | |
| 3:40 PM | SH'BAM - Team SB | | | | | | |
| 4:30 PM | BodyPump - Shannon | BodyAttack - Shannon | BodyPump - Shannon | Sculpt & Move - Sharon | | | 1:15 BodyPump - Nadine |
| 5:35 PM | Body Attack - Joe Anne | BodyPump - Teresa | BodyStep - Jeanne/Denise | BodyCombat - Chelsea/Team BC | BodyPump - Kelly | | 2:30 pm BodyVive - Shannon |
| 6:40 PM | SH'BAM - Team SB | BodyVive - Kelly M | Vive Strength 30 minutes - Kelly M | BodyPump -Teresa | BodyFlow - Denise | | 3:35 pm BodyFlow - Juli/Chelsea |
| 7:45 PM | 7:30 pm Pilates - Christine | 7:45 pm Yoga - Kelly K | 7:15 pm Pilates - Christine | 7:45 pm Yoga - Kelly K | | | |

| Spinning | | | | | | | |
|----------|--------------------------|-------------------------------------|------------------------|--------------------|-----------------------------|-------------------------------------|---------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6:00 AM | Spinning - John & Lisa | 5:50 am Spinning Boot Camp - Sharon | Spinning - John & Lisa | Spinlates - Sharon | Spinning - John & Lisa | 9:00 am Spinning - Alyson | |
| 9:30 AM | Spinning & More - Sharon | | | Spinning - Dawn | | 10:00 am Spinning Level 1 - Chelsea | |
| 12:15 PM | | | | | Spinning Express - Chelsea | | |
| 4:30 PM | | Spinning - Sharon | | | | | |
| 5:30 PM | Spinning - Allie | Spinning - Chelsea | Spinning - Chelsea | Spinning - Katie F | Happy Hour Spinning - Allie | | 2:30 pm Spinning - Nadine |
| 6:30 PM | Spinning - Becky | | Spinning - Kate K | | | | |

Visit www.goodfriendsfitness.com for the most up to date class and instructor information.
Classes in **BOLD** are new or changed.

revised 11/22/2011

GOOD FRIENDS GROUP FITNESS CLASSES

SH'BAM™ is the perfect way to shape up and let out your inner star – even if you're dance challenged. Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM™ has simple moves and is the ultimate fun and sociable way to exercise. **SH'BAM™ lite** will feature the same music but moves that are great for those new to fitness or looking for only low impact cardio.

BODYPUMP™ is the original barbell class that strengthens your entire body with great music and your choice of weights. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

BODYSTEP™ is an energizing step workout that makes you feel liberated and alive, conditioning your muscles and toning your body. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors.

BODYATTACK™ is a sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. **BodyAttack Express:** Same great workout, condensed into a 30 minute format. **BodyAttack Lite:** Same great workout, with ONLY low impact options. A seriously great cardio workout without the strain of the high impact moves.

BODYFLOW™ is a Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout.

BODYCOMBAT™ is an empowering cardio workout where you are totally unleashed. This fiercely energetic program draws from a wide array of martial arts disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYVIVE™ is a low-impact group fitness workout that lets you choose just how hard you work – perfect for beginners. Using the VIVE™ balls, VIVE™ tubes and optional hand weights you're guided step-by-step through the entire class by a skilled instructor.

Spinning® is the original and most popular type of indoor cycling class. With no complicated moves to learn, top-notch certified instructors and music that begs your legs to pedal, Good Friends Spinning program is like no other in Tallahassee. The Spinning program provides a unique training opportunity not available in other group fitness programs because each participant can work at his or her own level in any class.

Spin-lates is a Good Friends special. This class combines the power and energy of Spinning with the core strengthening of Pilates. Each class hosts 40 minutes of an energizing cardio Spin class with 20 minutes of core training from Pilates.

BootCamp Spinning fuses the energizing cardio of 40 minutes of Spinning and the no mercy style of strength training with 30 minutes of BootCamp. BootCamp Spinning is the perfect workout to blast the fat, break through the plateaus and reach new levels of your fitness.

Spinning & More/Core/Vive is 30 minutes of cardio Spinning followed by either 30 minutes of strength training from BodyVive, core-focused training or more. This class is a great way to supplement your other weekly workouts.

Body Sculpt is a 60 minute full-body strength training workout with an added emphasis on the core. This classes uses a variety of equipment, such as free weights, bars, balls, bands and good old body resistance all to modern, energizing music. Geared for any fitness level at any age.

Pilates is a 60 minute full-body workout that emphasizes core strength, functional fitness, balance, and flexibility. Using small hand weights, balance balls, and body weight, Pilates helps to create a longer and leaner body, that is both balanced and strong. At the center of the Pilates philosophy is precision of movement and breath work which combine to develop both strength and stamina. It's not just for athletes or dancers--Pilates is safe, low-impact, and adjustable for every level of fitness.

Yoga is a great compliment to any workout. Our instructors keep their class fun and easy-going. It's a multi-level Vinyasa (flow style) class, appropriate for all flexibility levels. For our advanced Yogis, there are challenging options so you can take it to the next level.

½ & ½ starts with heart-pumping 30 minutes of cardio (on and off the step). The class then finishes with 30 minutes of Pilates mat work.

Fit for Life - Pilates is a Pilates class designed for beginner to intermediate levels. This class not only strengthens and tones muscles, but it also improves posture, muscle control, flexibility, coordination, and balance.

CORE & MORE adds Abs plus a good lower/upper body workout. You'll work with stability balls, weights, tubing, gliding discs and good old body resistance. Come check it out and leave feeling your core and more!

For more information, tools & tips visit www.goodfriendsfitness.com

If you are pregnant, have medical concerns or injuries, please let your instructor know before class so they can coach you appropriately.