

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

6:00-7:00 AM

Weights &amp; Abs

Paul

6:00-7:00 AM

Weights &amp; Abs

Paul

8:00-9:00 AM

Moderate Pilates

Judith

8:00-9:00 AM

Gentle Yoga

Judith

8:00-9:30 AM

Sunrise Yoga

Judith

8:00-9:00 AM

Gentle Pilates

Judith

8:00-9:00 AM

Weights &amp; Abs

Shawn

8:30-9:30 AM

Zumba Cardio

Judith

9:10-10:10 AM

Zumba Cardio

Judith

9:10-10:10 AM

Moderate Pilates

Judith

10:30-11:30 AM

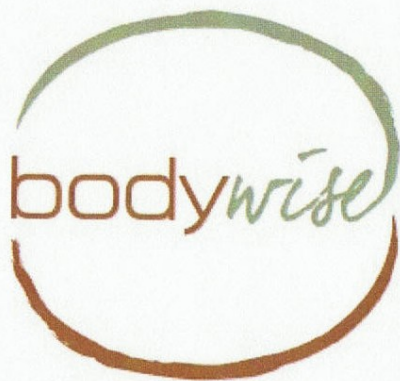
Zumba Gold (Chair)

Judith

9:10-10:10 AM

Zumba Gold

Judith



6:00-7:00 PM

Weights &amp; Abs

Shawn

6:00-7:00 PM

Zumba Toning

Shawn

6:00-7:00 PM

Zumba Cardio

Shawn

## Spring Schedule 2012

### April 2-June 23

504 Bridge Street  
Elk Rapids, MI 49629  
Tel: 231-264-6688

Email: [info@erbodywise.com](mailto:info@erbodywise.com)

- Available for private instruction by appointment.
- Scheduled instructors may change without notice.
- Please check our website for announcements or schedule changes.

## ADULT CLASSES

### Gentle Pilates

Fundamental exercises target core muscles including the abdomen, hips, thighs, and butt. Experience a gentle approach for developing long lean-looking supportive muscles and improving control of core mechanics and body alignment. Strengthening the core can often relieve back pain. We will also work to retrain the muscles to relax the shoulders and neck.

### Gentle Yoga

Take a gradual and gentle approach to moving your body. We will do exercises that stretch muscles, improve circulation and internal functions, heat the core, strengthen the respiratory system, relax the nervous system and address general body aches and pains.

### Zumba Gold

All the benefits of Zumba® but at a lower-impact pace. Zumba Gold® is designed for older adults or the true beginner. We recommend that you bring indoor tennis shoes, a water bottle, and a towel. Come join the party!

### Adult Tap

If you've always wanted to try tap dance, here is your chance. It's a great work-out and a lot of fun!

### Sunrise Yoga

Beginning with a quiet practice to steady the muscular body. Then we will work into poses to awaken internal energy, build strength and endurance while enhancing flexibility. All the while, striving for balance and a clear mind. A great way to begin your day.

### Moderate or Advanced Pilates

Building a strong and healthy core, in a fun fitness workout. Exercises target core muscles of the abdomen, hips, thighs, and butt. Develop long lean-looking supportive muscle aimed at improving control of core mechanics and body alignment.

### Zumba Cardio

The Zumba® program fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to love working out. You'll achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! We recommend that you bring indoor tennis shoes, a water bottle, and a towel.

### Weights & Abs

Promote healthy bones by strengthening and toning your muscles using free weights, other resistance equipment and sometimes a partner. Your abs are sure to be burnin' after this class and remember bigger muscles burn more calories all day long!

## CHILDREN'S CLASSES

Throughout the session, we will prepare for our Family Day performance at the Elk Rapids High School Peterman Auditorium. The required classroom attire:

Girls Ages 3-4 light pink leotard and tights Ages 5-14 black leotard and light pink tights Boys Ages 3-14 black sweat pants and a white t-shirt.

### Young Family Exercise

Toddlers & children ages 1-4 with a parent or caretaker. Combine exercise & family time in this playful combination of creative play. So much fun, you won't want to miss. Pay one class fee for up to one adult and two children.

### Family Zumba Cardio

5-11 year olds with a parent or caretaker. Join the Zumba party and enjoy a challenging and fun class with your kids. Pay one class fee for up to one adult and two children.

### Dance

Designed to cultivate confidence, poise, body awareness, discipline and foster relationships with other children of our community, but kids like them because they are a lot of fun! Children will need tap & ballet shoes.

### Gymnastics

Children practice floor tumbling and stunts. With a skilled coach build poise, strength, flexibility, and balance.

# SPRING 2012