



INSIDE OUTSIDE FITNESS

4444 Piedmont Avenue, Oakland, CA 94611

Class Schedule as of September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:50 Dynamic Circuit Sean	6:15-7:15 Dawn Patrol Boot Camp Sean	6:00-6:50 Dynamic Circuit Laura		6:00-6:50 Dynamic Circuit Sean		
6:40-7:30 Aerobic Circuit Sean		6:40-7:30 Aerobic Circuit Laura	7:00-8:00 Yoga Deborah	6:40-7:30 Core Circuit Sean	7:30-8:30 Cardio Circuit Angelique or Cathyn	7:30-8:30 Core Circuit Cathyn
	9:00-10:30 Cycle* / Circuit Ilene				8:15-9:15 Power Cycling* Tori	
9:00-10:00 Hip Hop Jessie	9:00-10:00 Zumba Interval Angelique	9:00-10:00 Strong & Supple BZ	9:00-10:00 Mat Pilates BZ	9:00-10:00 Strong & Supple Cathyn		9:00-10:30 Cycle* / Circuit Cathyn
9:30-10:30 Super Circuit Laura	9:30-10:30 Super Circuit Ilene	9:30-10:30 Super Circuit Mark	9:30-10:30 Super Circuit Rocky	9:30-10:30 Super Circuit Sean	9:40-10:40 Pilates Circuit Cathyn	9:20-10:30 Yoga Deborah
10:10-11:10 Yoga Sylvia	10:10-11:10 Mat Pilates Jessica	10:10-11:10 Yoga Sylvia	10:10-11:10 Zumba Angelique	10:10-11:10 Yoga Sarah	9:30-10:45 Step Boot Camp Lisa	9:30-10:30 Super Circuit Cathyn
11:30-12:30 Power Cycling* Lisa	11:30-12:30 Body Sculpting Laura	11:30-12:30 Power Cycling* Lisa	11:30-12:30 Body Sculpting Laura	11:30-12:30 Power Cycling* Mark		
5:30-6:30 Urban Dance / Circuit Heather	5:30-6:30 Yoga Deborah	5:40-6:40 Step Boot Camp Mark	5:30-6:45 Pilates / Yoga Cathyn	5:30-6:30 Urban Dance / Circuit Heather		
	5:30-6:30 Evening Boot Camp Rocky	5:30-6:30 Pilates Circuit Cathyn <i>(begins Oct 3)</i>	5:30-6:30 Power Cycling* Josh		Closes at 6 pm	Closes at 6 pm
Closes at 9 pm	Closes at 9 pm	Closes at 9 pm	Closes at 9 pm	Closes at 8 pm		

* IOF will reserve as many as seven spin bikes ahead of time. Three more bikes are available for students on a first-come, first-served basis. You can reserve a bike 24 hours before class at the front desk or call (510) 655-8308.

Instructors may be substituted &/or class schedules may change, especially around the holidays.
Call (510) 655-8308 or check www.insideoutsidefitness.com for the latest information!

Class Descriptions

Aerobic Circuit – *Weight Room* – Class starts with a ten-minute aerobic warm-up on cardio machines, then under the watchful eye of an instructor, progress around the weight room alternating between strength & cardio machines. The class ends with group floor work, including abdominals & stretches.

Body Sculpt – *Movement Room* – After a brief warm-up, this class works all of the major muscle groups using weights, bands, body bars & other equipment.

Cycle / Circuit* – *Cycling Area/Weight Room* – This effective combination class includes 40 minutes of group cycling on our spin bikes followed by circuit training, abdominal work & stretching.

Dawn Patrol or Evening Boot Camp – *Movement Room or Weight Room* – You won't get bored during this workout! Innovative cardio, calisthenics & strength moves are done using your body weight and other equipment.

Dynamic Circuit – *Weight Room* – Just like aerobic circuit, but some of the circuit exercises have added functional movement. Functional exercises improve coordination and balance, as well as strength.

Hip Hop – *Movement Room* – Fun & energizing urban dance choreography class, to challenge your heart & lungs, coordination and concentration.

Mat Pilates – *Movement Room* – The core strengthening exercises of Pilates, using your body weight and simple props, strengthen your entire torso, reduce your likelihood of injury & improve your posture.

Pilates Circuit – *Weight Room* – An effective core strengthening program to improve balance, posture, and joint stability. Weight equipment enhances the experience and power of Pilates exercises

Pilates Yoga – *Movement Room* – A 75 minute mat class combining the core strengthening exercises of pilates with the toning, stretching and meditative benefits of yoga

Power Cycling – *Cycling Area* – A group indoor cycling class using a variety of techniques, tempos & intervals. Abdominal work & stretching are included as part of the cool down.

Step Boot Camp – *Movement Room* – This class uses the step and much more for cardio conditioning & strength training. Expect to be challenged and invigorated!

Strong & Supple – *Movement Room* – This class warms up with simple dance moves, then focuses on core stability and strengthening – borrowing moves from Pilates, yoga and ballet.

Super Circuit – *Weight Room* – Class includes a longer portion of group floor work at the end, for more strength, balance &

Urban Dance / Circuit* – *Movement & Weight Room* – An efficient class with 25 minutes of Heather's style of urban dance & kickboxing, followed by 25 minutes of circuit training in the weight room and ten minutes of abs & stretches. You may join the circuit portion of class at 5:55 pm, after a ten-minute warm-up.

Yoga – *Movement Room* – A class that focuses on flexibility, breathing, posture & relaxation. Special emphasis is placed on safety & meeting individual needs & abilities.

Zumba – *Movement Room* – A fusion of Latin and International dance that combines fun and easy to follow steps into a super effective interval workout.

Zumba Interval – *Movement Room* – Take Zumba to a whole new level! This class uses fun, easy to follow latin rhythms and combines high-energy cardiovascular exercise with a strength conditioning work out. We promise, you won't get bored!

* **Combination / Circuit Classes** – You may do either part of these combination classes. If you join the circuit portion of class only, your class begins with 10 minutes of warm up on your own on bikes or other equipment! Ten minutes into class, the instructor & other class participants will join you for circuit.