

Phone: 525-8800
www.centuryfit.com
FREE WEB OFFERS & more

491 N. Main Street, East Longmeadow



BEGINS JANUARY 24, 2012

Monday—Thursday 5:00AM-10:00PM
 Friday 5:00AM- 9:00PM
 Saturday & Sunday 7:00AM- 5:00PM

KIDZ Mon, Wed, Fri, Sat 9-11:30AM
CLUB Mon, Wed, Fri 5:30-7:45PM

G R O U P E X E R C I S E

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Hard-Core 9:30 – 10:00	Yoga 9:00 – 10:00	Hard-Core 9:30 – 10:00	Yoga 9:00 – 10:00	Step Challenge 9:00 – 10:00	
	Ultra-Burn 10:15 – 11:15	ZUMBA 10:30 – 11:30	Step Challenge 10:15 – 11:15	ZUMBA 10:30 – 11:30	Muscles <i>in Motion</i> 10:15 – 11:15	Pilates 10:15 – 11:15	Yoga 10:00 – 11:00
	Aqua Aerobics 10:00 – 10:45		Aqua Aerobics 12:00 – 12:45		Aqua Aerobics 11:00 – 11:45	ZUMBA 12:00 – 1:00*	ZUMBA 11:30 – 12:30*
AM >>	Aqua Aerobics 11:00 - 11:45		ZUMBA 4:15 – 5:15			 NOW EVEN MORE CLASSES! ANOTHER GREAT NEW FEATURE !	
<< PM	Muscles <i>in Motion</i> 5:00 – 5:45	ZUMBA 5:30 – 6:30*	Hard-Core 5:30 – 6:00		Ultra-Burn 5:30 – 6:30		
	Aqua Aerobics Plus 6:00 – 7:00	Power Pilates 6:45 – 7:45	Aqua Aerobics Plus 6:00 – 7:00	Kickboxing 5:30 – 6:30	ZUMBA 6:45 – 7:45*	 NEW PERSONAL TRAINERS TO GET YOU RESULTS!	
	ZUMBA 1 6:00 – 6:45* ZUMBA 2 7:00 – 7:45*		Kickboxing 6:15 – 7:15	Yoga 6:45 – 7:45			



Strength & Express Training



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Upper-body Strength Equip 9:00 -10:00	<i>Express30</i> Workout 10:00 –11:00	<i>Express30</i> Workout 10:00 –11:00		Upper-body Strength Equip 10:00 - 11:00	<i>Express30</i> Workout 10:00 - 11:00	Lower-body Strength Equip 10:00 - 11:00
AM >>	<i>Express30</i> Workout 11:00 –12:00	Lower-body Strength Equip 11:00 - 12:00		Upper-body Strength Equip 11:00 -12:00	Lower-body Strength Equip 11:00 - 12:00	Upper-body Strength Equip 11:00 - 12:00	
<< PM		<i>Express30</i> Workout 5:00 –6:00	Upper-body Strength Equip 5:00 – 6:00	Lower-body Strength Equip 5:00 – 6:00			
		Upper-body Strength Equip 6:00 – 7:00	Lower-body Strength Equip 6:00 – 7:00	<i>Express30</i> Workout 6:00 –7:00			

Sign up for Training at the Front Desk

PREMIER MEMBERSHIP

Your choice of...

- ✓ **HydroMassage Bed**
 - ✓ **Silver & Gold Tanning**
 - ✓ **Discounted Fitness Services**
 - ✓ **Select Guest Pass Monthly**
- On SALE for only \$9.⁹⁹/mo**

CLASS DESCRIPTIONS

HIGH ENERGY CARDIO & TONING

HARD-CORE – Plenty of core work (abs, obliques, lower back). Also full body muscle moves to engage core. *Rigorous Workout.*

More Added

KICKBOXING – Skills, drills, and equipment are used for a kickboxing workout that works on the whole body. Circuit or Interval style class. Wraps and bag gloves are recommended. *Rigorous Workout.*

MUSCLES IN MOTION – Using the studio's hand weights, working on muscle tone and endurance by focusing on each major area. *Rigorous Muscle Toning Workout.*

STEP CHALLENGE – A vigorous class which primarily uses the "step bench" for a training device. *Intermediate.*

ULTRA-BURN - A Total Body High Intensity Interval Workout which works all major muscles with both cardio and plyometrics resulting in the most effective way to burn calories. *Rigorous — Intermediate to Advance.*

Hot New Program

ZUMBA – Move your core to hot Latin beats like Salsa, Meringue, Cumbia, Belly Dance and Reggaeton. This class is as much fun as it is a great workout. *All Levels.*

HEALTHY MINDS - STRONG BODIES

PILATES – Pilates exercise is a method of improving flexibility and strength for a longer, leaner body. Focuses on the core, and improving balance too. *All Levels.*

YOGA – Yoga is a choreographed sequence of postures that flow into one another, building strength, unwinding tight joints, and loosening muscles. *All Levels.*

WATER WORKS FOR FITNESS. FUN & THERAPY

AQUA-AEROBICS – Using water as a medium for exercise-easy on joints. *All Levels.*

FREE TRAINING!

- ♦ UPPERBODY Training, cardio and stretching.
- ♦ LOWERBODY Training, cardio and stretching.
- ♦ EXPRESS CIRCUIT our own 30 Minute workout!



ASK US ABOUT:

- ♦ **Personal Training**
- ♦ **Weight Management**
- ♦ **Kettlebell Group Training**
- ♦ **Fitness Assessments**

Ask a Trainer for more information at the desk

Enjoy our New

HYDROMASSAGE

- ♦ Try it once for free
- ♦ Add to your membership for only \$9.99/mo
- ♦ Also available in individual sessions now only 50¢ per minute

Tips for a better workout...

1. Become oriented by taking our Strength Training and Express Workout instruction with our professional fitness team.
2. If you are exercising for the first time, or, have encountered a significant change in health, you should consult your physician.
3. Start out slowly and pace yourself during workouts or exercise classes.
4. Wear proper clothing that is comfortable and allows cooling along with supportive sneakers.
5. Drink plenty of water before, during, and after workouts.
6. Arrive early for classes or group training so you can be assured there is time to completely warm-up.
7. Follow along with the instructor and ask questions if you are having difficulty.
8. Share strength and weight equipment between sets.
9. Return equipment in original condition and position and wipe it clean.

PROTEIN SHAKES are great after workouts to replace energy and help strengthen and tone!

Fitness apparel and accessories available at our PRO SHOP

Visit our beautiful saltwater pool and spa areas too. Relax, exercise, and ENJOY!