

491 North Main Street  
 East Longmeadow, MA 01028  
 Phone: 525-8800  
 www.centuryfit.com



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

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

## Group Exercise Classes

★ **More ZUMBA !!** Starts March 1, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio-Mix 10:15 – 11:15	<b>NEW!</b>	Yoga 9:00 – 10:00	<b>ZUMBA GOLD</b> 9:30 – 10:15	Yoga 9:00 – 10:00	Step Challenge 9:00 – 10:00	
Aqua Aerobics 10:00 – 10:45	<b>Hard-Core</b> 10:15 – 10:45	Cardio-Mix 10:15 – 11:15		Cardio-Mix 10:15 – 11:15	Pilates 10:15 – 11:15	
Aqua Aerobics 11:00 – 11:45		Aqua Aerobics 12:00 – 12:45		Aqua Aerobics 11:00 – 11:45	<b>ZUMBA</b> 12:00 – 1:00	<b>ZUMBA with a splash!</b>
	AM ▲ PM ▼		AM ▲ PM ▼		<p>Best Program Ever! Thanks to YOU!</p>	<b>AQUA ZUMBA</b> 1:00 – 2:00
Muscles in Motion 5:00 – 6:00	<b>ZUMBA</b> 5:30 – 6:30	Muscles in Motion 5:35 – 6:30	Kickboxing 5:30 – 6:30	Boot Camp 5:30 – 6:30		
Aqua Aerobics Plus 6:00 – 7:00	Power Pilates 6:45 – 7:45	Aqua Aerobics Plus 6:00 – 7:00	Yoga 6:45 – 7:45	<b>ZUMBA</b> 6:45 – 7:45		
★ <b>ZUMBA</b> 6:30 – 7:30		Kickboxing 6:45 – 7:45				

## Strength Training & Express Instruction

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Express30 Workout</b> 9:00 – 10:00	Lower-body Strength Equip 9:00-10:00	Upper-body Strength Equip 9:00-10:00	<p><b>NEW!</b> Supervised <b>Express30</b> Training Feb 1–April 30 9am-11am No appt. needed</p>	<b>Express30 Workout</b> 10:00 – 11:00	Lower-body Strength Equip 10:00 - 11:00
Lower-body Strength Equip 10:00 - 11:00		Upper-body Strength Equip 10:00 - 11:00	Lower-body Strength Equip 10:00 - 11:00		Upper-body Strength Equip 11:00 - 12:00	
AM ▲ PM ▼		AM ▲ PM ▼		<p><b>www.centuryfit.com</b>            Click for... <b>PASSES, Personal Training, Weight Loss and more...</b>            Check it out!  <b>MORE NEW EQUIPMENT!!!</b></p>		
<b>Express30 Workout</b> 5:00 – 6:00	Lower-body Strength Equip 5:00 – 6:00	Upper-body Strength Equip 5:00 – 6:00	Lower-body Strength Equip 5:00 – 6:00			
Lower-body Strength Equip 6:00 – 7:00	Upper-body Strength Equip 6:00 – 7:00	<b>Express30 Workout</b> 6:00 – 7:00	Upper-body Strength Equip 6:00 – 7:00			

Sign up for Training at the Front Desk

## CLASS DESCRIPTIONS

### HIGH ENERGY CARDIO & TONING

**BOOT CAMP** – A fast paced military style training workout with calisthenics such as; push-ups, jumping jacks, sit-ups, drills, etc. *Intermediate and Above.*

**CARDIO MIX** – A combination of aerobics and step with muscle conditioning and stretching at the end. *All Levels.*

**HARD-CORE** – Class consists of core work for your abs, obliques, lower back, and other deep intrinsic muscles. Go at your own pace. *All Levels.*

**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.*

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

**ZUMBA Gold** is a more gentle level.

### 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.*

**AQUA-AEROBICS PLUS** – A longer water exercise workout. *All Levels.*

**AQUA ZUMBA** - All the fun of **ZUMBA** with fluid resistance. *All Levels.*

### FREE TRAINING !

- ♦ UPPERBODY Training with cardio and stretching.
  - ♦ LOWERBODY Training with cardio and stretching.
  - ♦ EXPRESS CIRCUIT on our exclusive 30 Minute Workout
- Sign-up at the Front Desk

*Make sure you ask one of our talented Fitness Trainers about these additional programs:*

- ✓ PERSONAL TRAINING
- ✓ FITNESS ASSESSMENTS
- ✓ DIETMASTER PRO
- ✓ WEIGHT LOSS

### 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.

Try a Protein Shake after your workout to replace a meal, enhance recovery, and build a healthier body!

*Now available at our desk:*

Boxing gloves, bag gloves, locks, wraps, headphones, apparel, batteries, and more...

*Also...Ready to drink products from our cooler and Healthy nutrition supplements*

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