



# B.I.A. FITNESS

## GROUP EXERCISE SCHEDULE

Check us out online!

BIA-Fitness.com

On Facebook:

BIA-Fitness and The Journey Within

### JANUARY 2012

Mon	Tue	Wed	Thu	Fri	Sat
5:30 - 6:30 am Spin Fusion (Jess)		8:00 - 8:45 am Mystery Class (Jess)		5:30 - 6:30 am Spin Fusion (Jess)	
9:15 - 10:15 am Zumba (Kerry)	8:00 - 8:30 am <b>30 minute Training Express (\$5)</b> (Jen)	9:00 - 10:00am Zumba (Kerry)	9:15 - 10:15 am Spin Fusion (Jess)	8:00 - 9:00 am <b>60 minute Cardio Burn (\$10)</b> (Jen)	8:30 - 9:30 am Zumba (Erika)
				9:00 - 10:00 am Zumba Burn (Melissa)	9:30 - 10:30 am Totally Toned (Fatima)
4:30 - 5:15 Spin Fusion (Jen)		5:00 - 5:45 pm Cardio Box (Heather)	4:15 - 5:15 pm Yoga Sculpt (Melissa)		11:00 - 11:45 am <b>Kids Zumba</b> (Kerry)
5:30 - 6:15 pm Mystery Class (Heather)	5:00 - 6:00 pm Spin Fusion (Fatima)	6:30 - 7:00 pm Abs Blast (Max)	5:30 - 6:30 pm Zumba Burn (Melissa)		
6:30 - 7:00 pm Abs Blast (Max)	6:00 - 7:00 pm Totally Toned (Fatima)	7:30 - 8:30 pm Zumba (Melissa)			

\* Minimum of 3 participants for all classes to be held

Class sign up lists come out EVERY SATURDAY for the week ahead.  
Sign up for classes by calling or stopping by the front desk.  
For any no-shows or cancellations with less than 5 hours notice,  
accounts are charged with a \$5 cancellation fee.  
**YOU MUST SIGN UP TO PARTICIPATE IN CLASS.**

\*Classes highlighted in purple indicate a CLASS FEE.

# Class Descriptions

Please be on time; please do not enter the classroom before the current class had finished; appropriate exercise attire must be worn; water must be in an enclosed container; no cell phone use; members may not use stereo equipment; we request that all equipment be returned to the proper storage area.

<b>Zumba</b>	Join the party with a Latin inspired dance workout! Learn Salsa, Merengue, Cumbia, Samba, Reggaeton, Calypso, and more! Love to Live, Live to Party with Zumba!
<b>Zumba Burn</b>	45 minutes to enjoy all the fun of Zumba and strength training, followed by 15 minutes of toning and abdominal work.
<b>Cardio Box</b>	Boxing offers a unique total body cardio and strength training workout. It's a great way to build endurance, balance, agility, and coordination all at the same time. Boxing drills, martial arts, and core strengthening are all part of this workout.
<b>Spin Fusion</b>	An hour of Spin, OR 45 minutes of Spin followed by 15 minutes of abs or strength training (depending on your instructor)
<b>Totally Toned</b>	A full class dedicated to strength training and muscle toning! Join us to sculpt your muscles and build strength!
<b>Pilates</b>	A class concentrating on your "powerhouse" (core): the abdominals, back, and thighs. Strengthen and lengthen your muscles, improving posture, balance, and tone.
<b>Abs Blast</b>	A 30 minute class jam-packed with core strengthening exercises! Strengthen your abdominals and burn belly fat in this core-blasting workout!
<b>30 Minute Training Express</b>	Don't miss this class! A little bit of everything, mixing free weights, machines, outdoor workouts, and more. In and out in 30 minutes! <b>\$5/class</b>
<b>Kids Zumba (Zumba Atomic)</b>	Kids can crank it up, shake it up, and turn up the fun with Zumba! Learn Hip Hop, Salsa, Samba, Merengue, Reggaeton, Cumbia, Calypso, and more! Join us for a fun, energetic way to work out! <b>\$5/child</b>

**B.I.A. Fitness**  
 1639 Warwick Ave.  
 Warwick, RI 02889  
 Phone: 401-732-2899  
 Fax: 401-732-6310

**Fall Fitness Hours**  
 Monday – Friday: 6am-8pm  
 Saturday: 7am-2pm

**The Journey Within**  
 1645 Warwick Ave.  
 Suite 224  
 Warwick, RI 02889  
 Phone: 401-215-5698