

# Brick Bodies Padonia Winter 2010 Jan 4 - Apr 4

## Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00 AM		<b>Brick Biking</b> Pam M.		<b>LES MILLS BODYPUMP</b> Pam M.	<b>LES MILLS RPM</b> <i>*Intense* 60 minutes</i> Teresa	7:15 AM		<b>Brick Biking</b> Kerri Sally
7:00 AM			<b>LES MILLS BODYPUMP</b> Leslie Teresa			7:30 AM	<b>Brick Biking</b> Pam M.	
7:15 AM				<b>Brick Biking</b> Kerri		8:30 AM	<b>Step and Sculpt</b> <i>once a month - Zumba</i>	<b>LES MILLS BODYPUMP</b> Kerri Pam M.
8:30 AM	<b>LES MILLS BODYPUMP</b> Leslie	<b>Brick Biking</b> Pam M.	<b>LES MILLS BODYATTACK</b> Kerri	<b>Power Step</b> Pam M.	<b>EXTREME Kickbox</b> Bubba	9:30 AM	<b>LES MILLS BODYATTACK</b> Pam M.	<b>Power Step</b> Pam M.
9:30 AM	<b>LES MILLS RPM</b> <i>*Intense* 60 minutes</i> Michele T.	<b>LES MILLS BODYSTEP</b> Lisa D.	<b>Fat Burner +</b> Anne-Marie	<b>Building Brick Bodies</b> Leslie	<b>LES MILLS BODYSTEP</b> Deb N.	10:30 AM	<b>LES MILLS BODYFLOW</b> Jacob	<b>LES MILLS BODYFLOW</b> Brenda
10:30 AM		<b>LES MILLS BODYPUMP</b> Michele M.			<b>LES MILLS BODYPUMP</b> Andi	11:30 AM	<b>LES MILLS BODYPUMP</b> Jacob	
12:15 PM	<b>LES MILLS RPM</b> Larissa							
12:30 PM		<b>Fat Burner +</b> Joan						
1:00 PM	<b>LES MILLS BODYPUMP</b> Larissa	<b>LES MILLS BODYFLOW</b> Joan						
5:30 PM	<b>LES MILLS BODYPUMP</b> Kerri	<b>LES MILLS BODYSTEP</b> Deb N.	<b>LES MILLS BODYCOMBAT</b> Jacob	<b>Fat Burner +</b> Kelly				
6:30 PM	<b>LES MILLS BODYATTACK</b> Kerri	<b>Zumba</b> Sam	<b>Brick Biking</b> Melissa	<b>LES MILLS BODYPUMP</b> Kelly				
7:30 PM	<b>Brick Biking</b> Cara	<b>LES MILLS BODYFLOW</b> Jacob	<b>Yoga</b> Sandy					

## Studio 2 (Basketball)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00 AM			<b>Power Yoga For Athletes</b> Nancy			9:30 AM	<b>LES MILLS BODYWIVE</b> Joan	
8:30 AM					<b>LES MILLS BODYFLOW</b> Deb N.	10:15 AM	<b>Brick Boxing</b> <i>In boxing studio</i> Phil V.	
9:30 AM	<b>LES MILLS BODYFLOW</b> Deb N.			<b>Brick Boxing</b> <i>In boxing studio</i> Ron				
10:30 AM	<b>Building Brick Bodies</b> Leslie							
6:30 PM		<b>Brick Boxing</b> <i>In boxing studio</i> Ron		<b>Brick Boxing</b> <i>In boxing studio</i> Phil V.				



**BODYATTACK™** — The high-energy sports-inspired cardio workout that builds strength and stamina.



**BODYCOMBAT™** — The fiercely energetic martial arts workout where you are totally unleashed and empowered.



**BODYFLOW™** — The Yoga, Tai chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.



**BODYPUMP™** — Challenge yourself with the original barbell class that strengthens and tones your entire body.



**BODYSTEP™** — Feel liberated and alive with the energizing step workout that pushes fat burning systems into high gear.



**BODYVIVE™** — lets you get in shape at your own pace with a low-impact, group fit workout that leaves you fizzing with energy.



**RPM™** — The indoor cycling workout where you ride to the rhythm of powerful music to a calorie-burning endorphin high.

### Brick Biking

A group indoor cycling class for everyone! Experience one of the best workouts ever in this indoor cycling workout that utilizes resistance and speed changes that simulate an outdoor ride, without the hazards! Come inside and get the ride of your life!

### Brick Boxing

Come put your wraps on and prepare for the fun, intense and easy to follow kickboxing, interval or circuit experience. Learn how to punch and kick the heavy bags, jump rope and sweat like crazy! For all levels! Sign up begins 30 minutes before class

### Building Brick Bodies

This 30-60 minute class will help you to mind your matter. Tone, tighten firm your "Brick Body" from head to toe!

### EXTREME Kickbox

X-treme Kickbox merges the roots of martial arts training with the intensity of sports specific resistance training. Guaranteed fun in an intense yet energetic class experience! Take your "Brick Body" to a whole new level!

### Fat Burner +

This class is low impact, high intensity combinations which alternate with intervals of strength training. The strength intervals incorporate active recovery moves which maximize "fat burning." Also includes core training.

### Power Step

An advanced step class that is all cardio and hi NRG! A variety of moves, intervals and creative use of steps are explored in each class!

### Power Yoga For Athletes

A style of Hatha yoga that focuses on breath, posture, muscular endurance and strength in a more vigorous fashion. Props may be used. Power Yoga will take your mind and body to the next level. Power Yoga for Athletes is designed with the athletic body

### Step and Sculpt

A combination of freestyle step combinations with intervals of muscle conditioning.

### Yoga

Yoga is the conscious dance of bone alignment. It allows you to focus on the alignment of your bones rather than on

muscle movements. YOGA is mind-body exercise which is a meditative activity performed with focused awareness. Come and feel the differ

Zumba

Brick Bodies - Padonia  
212 W Padonia Rd  
Timonium  
21093-2107