

Winter 2011– 2012 Class Menu

Schedule Effective 1/21/2012

A Dance and Fitness Menu for All Tastes

Morning Classes						
SUN	MON	TUE	WED	THU	FRI	SAT
	6:00-7:00 Spinning/Kranksing* Aimee	5:45-6:45 BodyBarBootcamp Aimee	6:00-7:00 Spinning/Kranksing Jesse	5:45-6:45 Bodybar Bootcamp Carolyn	6:00-7:00 Spinning/Kranksing Aimee	8:00-9:00 Spinning/Kranksing Jesse
9:00-10:00 Spinning/Kranksing Joleen	8:30-9:30 Spinning/Kranksing Aimee	8:30-9:30 Spinning/Kranksing Jesse	8:30-9:30 Spinning/Kranksing Aimee	8:30-9:30 Spinning/Kranksing Aimee	8:30-9:30 Spinning/Kranksing* Aimee	
10:00-11:00 Zumba® Erin	9:30-10:30 Zumba® & Kickboxing Andria	9:30-10:30 Body Bar Burn Aimee	9:30-10:30 Zumba® 10:30-10:45 VaVaVoom Abs Ann	9:30-10:30 Bodacious Body Barre Ann	9:30-10:30 Zumba® 10:30-10:45 VaVaVoom Abs Ann	9:00-10:00 Body Bar Burn Aimee
	10:30-11:30 Rhythmic Yoga Abby					10:00-11:00 Hip-Hop Hustle Shannon
Evening Classes						
5:30-6:30 Spinning/Kranksing Carolyn	5:30-6:30 Spinning/Kranksing Aimee	5:30-6:30 Spinning/Kranksing Carolyn	5:00-5:30 Spin Express 5:30-6:30 Body Bar Burn Aimee	5:30-6:30 Spinning/Kranksing Aimee	5:30-6:30 Spinning/Kranksing Carolyn	Specialty Parties & Intro Classes (including Spinning & Kranksing) Personal Training Small Group Training; TRX; Bodyblade & MORE! For Scheduling Call 508.872.1802
	6:30-7:30 Zumba® Erin	6:30-7:30 Hip Hop Hotties Ann	6:30-7:30 Zumba® Jimmy	6:30-7:30 HIP-NOTIC Cardio Belly Dance Ann		
	7:30-8:30 Zumbatomic® Monica		7:30-8:30 Zumba® Monica			

To Sign Up for Spinning/Kranksing Classes E-Mail VaVaSpin@gmail.com or Call (508)-872-1802

Visit Us Online at VaVaVoomDanceandFitness.com

Class Menu

Class Descriptions

REGULAR CLASSES

Bodacious Booty Barre: This class is a fun, high energy, unique class that fuses Pilates, Dance, Ballet and Yoga. Firm, tighten, tone and streamline your entire body without adding bulk. The results will improve balance, posture, body awareness, flexibility and cardiovascular endurance.

Bodybar Bootcamp: This Boot Camp mixes bodybar and free weight exercises set to music! This motivating class will strengthen and tone your entire body. This is a great work out!

Body Bar Burn (Sculpt & Tone): This intense total body conditioning class utilizes body bars and free weights to build lean muscle while strengthening and sculpting/toning your entire body.

Hip Hop Hotties: This easy to master Hip Hop class has the right combination of street style jazz, pop, and burlesque to give you one smokin' hot workout. We'll have you moving like a Hottie in no time. Perfect for all levels!

HIP-NOTIC Belly Dance: Bellydancing is FUN!! This class takes a unique, cardiovascular approach to bellydance, resulting in a fun and healthy way to learn the ancient art. Unleash your inner GODDESS!! All levels are welcome.

Hip-Hop Hustle: Hip Hop Hustle™ is a combination of easy to learn hip-hop dance moves perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge! Hip Hop Hustle™ requires no previous dance experience.

Kickboxing: Learn how to effectively throw punches and kicks that tone and sculpt the body. While learning the basics of martial arts you will get an amazing total body workout.

Kranking® (VaVa Spin): is similar to the cardio that Spinning provides. Instead of a stationary spin bike moving your legs the workout uses an arm cranking machine called a Krankcycle®. Kranking® is the first exercise program to focus on the upper body as a way to build cardio fitness. If one is not able to Spin due to disabilities in the lower body, no problem, Krankcycle® is easily removable for wheelchair access. Kranking® is also fused with **Spinning**.

Rhythmic Yoga: Merges classic yoga postures with flowing movements to a variety of music styles. This class is especially appealing to those motivated to move by music.

Spinning® (VaVa Spin): is a calorie burning cardiovascular indoor group stationary cycling program with expert coaching, inspirational music and a mind/body philosophy. Nurture your body and spirit or just sweat out the events of your day. Bring a water bottle and towel. Spinning* will include a fusion with Kranking®! **Sign-Up is Required 30 minutes prior to class (space is limited).**

VaVaVoom Abs: That's what we want you to have!! So here's 15 minutes of Abdominal exercises with variety and innovative routines to give you a strong core.

ZUMBA®: Is a Latin inspired dance fitness program that fuses national and international rhythms. Anything from Salsa, merengue, cumbia, reggaeton and many of other rhythms will have you participating in the BEST Party in town. FUN, EASY and EFFECTIVE. Get ready to SWEAT!!!!!!!!!!

SPECIALTY CLASSES

For session times and information of all these specialties please inquire within info@vavavoomdancefitness.com or call 508-872-1802

TRX Suspension Training: Born in the US Navy Seals and developed by Fitness Anywhere. Suspension training is a revolutionary method of leveraged bodyweight exercises. Easily set up the portable TRX and you are in control. Safely perform hundreds of exercises that build power, flexibility, balance, mobility and prevent injuries, all at the intensity you choose. *(Class is done in Personal Training, Small Group Training (SGT) and offered in 4 or 8 week sessions @ 30 minutes or 60 minutes per)*

ZUMBATOMIC®: Is Zumba® for kids and pre-teens ages 7 – 12. Zumbatomic® classes are high-energy fitness-parties that offer real results. Packed with specially choreographed routines and the latest music, like hip-hop, reggaeton and cumbia, Zumbatomic classes increase focus and self-confidence, boost metabolism and improve coordination.

Pole Dancing: Intro to Pole and Private Pole Dancing Parties: Call for information and scheduling.