



# New **SUMMER** **FITNESS SCHEDULE**

**OPEN DAILY:**  
 Mon-Fri 6am-8pm  
 Sat 7am-7pm  
 Sun 7am-4pm  
**OPEN 365 DAYS**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:00-9:45am Sr Belt Karate Nick (1)	7:00-8:25am Beg. Astanga Yoga Shirley (1)	7:30-8:00am Butts & Guts Lanette (1)	7:00-8:25am Iyengar Yoga Joanne (1)	7:30-8:00am Hard Core Lanette (1)	7:00-8:25am Astanga Yoga Shirley (1)	
	8:30-9:00am Core Abs Krista (1)	8:00-8:30am Sculpting Lanette (1)	8:30-9:00am Core Abs Teri (1)	8:00-8:30am Sculpting Lanette (1)	8:00-9:00am Stott Pilates On the Ball Bobbi (2)	
	9:00-10:00am Step & Tone Krista (1)	8:00-9:00am Stott Pilates Bobbi (2)	9:00-10:00am Straight Up Strength Teri (1)	9:15-10:15am Body Renew Tone &Stretch Dianne (1)	8:30-9:00am Core Abs Alexis (1)	
		9:15-10:15am Body Renew Tone & Stretch Dianne (1)		9:15-10:15am Zumba Gerrie (2)	9:00-10:00am Power-Lex Alexis (1)	
			10:15-11:30am Yoga Kara (1)		10:15-11:30am Yoga Kara (1)	
	5:30-6:30pm Power Pilates Kate (1)	5:30-7:00pm Hot Yoga Joanne (2)	5:30-6:30pm AMP Krista (1)	5:30-6:30pm Zumba! Angel (1)		
		6:30-7:30pm Karate Nick (1)			6:30-7:30pm Karate Nick (1)	

## **SPINNING**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		6:00-7:00am Rise & Shine! Kate	6:00-7:00am Get up & go! Tamara	6:00-7:00am Rise & Shine! Kate		
	9:15-10:15am High Intensity Tamara		9:15-10:15am Endurance Renee		9:15-10:15am High Intensity Tamara	8:30-9:00am Interval Renee

**Rates:** Members: \$8/class \$36/6 classes \$66/12 classes Unlimited: \$25/month  
 Non-Members: \$10/ class \$51/6 classes \$81/12 classes Unlimited: \$50/month

*Instructors subject to change—please arrive early and Inform instructor if you are new to class*

**(603) 356-6301**

[www.cranmorefitness.com](http://www.cranmorefitness.com)

**Updated 6/30/10**

# BODY RENEW WATER AEROBICS

Mon	Tue	Wed	Thu	Fri
9:15-10:15am TBA	9:15-10:15am Linda H.	9:15-10:15am Lisa H.	9:15-10:15am Cathy S.	9:15-10:15am Barbara H.

**Note: Fitness instructors and schedule subject to change**

**Pool closed during the following times (effective through 8/4/10):  
Starts 6/30/10**

**Mon 9:15-10:15am, 3:00-5:00pm Tue 9:15-10:15am  
Wed 9:15-10:15am, 3:00-5:00pm Thurs 9:15-10:15am Fri 9:15-10:15am**

## Class Descriptions

**A.M.P.** = Aerobic Muscle Power-cardiovascular fusion of plyometric training & calisthenics w/full-body training

**Astanga Yoga** = Combo dynamic breathing and strong flowing movements; high energy workout

**Body Renew Tone & Stretch** = Strengthens major muscle groups & flexibility through gentle stretching and weights

**Cardio Combo** = A combination of cardio and sculpt for a full-body workout

**Cardio Interval** = Cardiovascular workout mixed with core & strength training

**CHISEL** = Cross-training class that incorporates strength/core/stability using weights, tubing, stability balls and more

**Core Abs** = Focused Core Training

**Hot Yoga** = Heated room to help remove toxins and prepare for stretches; many styles integrated

**Iyengar Yoga** = Breath control and yoga routines for all abilities

**Karate** = Zujitsu-Ryu; physical contact between training partners; includes grabbing, holding, striking

**Muscle Buster** = You'll know you worked your muscles after this full-body strength training workout!

**Power-Lex** = Rev up your metabolism with muscle specific weight training and fat burning step

**Power Pilates** = Fast-paced, core-based method; concentrates on abdominal and back muscles

**Sculpting** = Full-body strength training for toning, conditioning and balanced muscle development

**Spinning** = Stationary cycling workout for all levels; bring a water bottle

**Step Aerobics** = Step class that is fun and challenging; keeps your heart rate in the aerobic range

**Stott Pilates** = Non-impact method; improves posture, strength, flexibility and body/mind connection

**TKB** = The total kickboxing workout with choreography that is beginner-friendly

**X-Training** = Cardiovascular, strength and endurance workout. All levels will be challenged

**Water Aerobics** = Non-impact workout combining resistance and cardiovascular training targeting flexibility and range of motion

**Yoga** = Integrates several styles coordinating breath & movement

**Zumba!** = A fusion of hypnotic Latin rhythms and easy to follow moves that creates a dynamic fitness program

# C More Results At Cranmore Family Fitness

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Updated 6/30/10