

RehabGYM Class Schedule

updated May 2012

Class Name	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
Pilates for Athletes Learn how the foam roller can roll out tight muscles and tissues, strengthen your core and align your body.	\$60 for 6 weeks			6:00 - 7:00 AM				Colchester RehabGYM
Therapeutic Yoga Learn breath awareness, postures and relaxation. Guidance and instruction given for optimum alignment to support you during each class. All levels welcome!	\$100 for 10 classes		8:30 - 9:30 AM					Colchester RehabGYM
Total Body Conditioning Have fun with exercise while increasing your aerobic & anaerobic capacity! The innovative class design uses a variety of training methods to reduce health risks, lower blood pressure, and boost your mood.	\$100 for 10 classes				9:30 - 10:30 AM			Colchester RehabGYM
Senior Fitness Learn effective strength-building exercises to tone and build muscle as well as help prevent injury. Incorporates the use of weights, balls, and body-weight type exercises designed to be fun and challenging.	FREE	10:30 - 11:30 AM		10:30 - 11:30 AM		10:30 - 11:30 AM		Colchester RehabGYM
USE It to LOSE It Challenge! This group class is designed for people who want to lose weight, better their eating habits, improve their lifestyle and win prizes. Includes diet coaching, exercise training and various fitness assessments.	\$250 for 12 weeks		5:30 - 6:30 PM		5:30 - 6:30 PM		10:00 - 11:00 AM	Colchester RehabGYM
Fitness 101 This class includes strength training, cardio endurance, core exercise, flexibility, and balance. In just 6 weeks, you will gain an understanding of each component and how each could be best applied to your workout.	\$48 for 6 weeks		5:30 - 6:30 PM					Colchester RehabGYM
Yoga Flow Breath awareness & alignment are encouraged through postures designed to increase flexibility, strength and endurance. Each class focuses on breathing, postures and relaxation.	\$130 for 10 classes			5:30 - 6:45 PM				Colchester RehabGYM
Yoga @ Campus Sara teaches Vinyasa Flow yoga, which is an aerobic yoga that connects movement with breath. By mixing many styles, her classes have elements of spirituality, strengthening, and proper alignment.	\$10 per class	6:00 - 7:15 PM		6:00 - 7:15 PM				Campus RehabGYM

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www.rehabgym.com