





APRIL 1-JULY 1, 2012

M	T	W	T	F	S	
<b>PRE-DAWN CLASSES:</b>						
ABOUT FACE BOOT CAMP 5:00 - 6:00 *** EXTRA FEE ***		ABOUT FACE BOOT CAMP 5:00 - 6:00 *** EXTRA FEE ***		ABOUT FACE BOOT CAMP 5:00 - 6:00 *** EXTRA FEE ***		
<b>MORNING CLASSES:</b>						
SILVER SNEAKERS 8:30 - 9:15	360° PUMP 8:30 - 9:00	SILVER SNEAKERS 8:30 - 9:15	360° PUMP 8:30 - 9:00	SILVER SNEAKERS 8:30 - 9:15	ABOUT FACE BOOT CAMP 9:00 - 10:00 <b>FREE SESSION</b>  OPEN TO PUBLIC  CALL 903-561-7360 TO REGISTER	
360° CYCLE 9:45 - 10:15	360° CYCLE 8:30 - 9:00	360° POWER CHAIR 9:45 - 10:15	360° CYCLE 8:30 - 9:00	360° CYCLE 9:15 - 9:45		
360° PUMP 9:45 - 10:15	360° AB LAB 9:00 - 9:15	360° BARRE BURN 10:15 - 10:45	360° AB LAB 9:00 - 9:15	360° FLOW 9:45 - 10:15		
360° POWER CHAIR 10:15 - 10:45	360° BARRE BURN 9:15 - 9:45	360° FLOW 10:45 - 11:15	360° RIPPED 9:15 - 9:45			
	SILVER SNEAKERS 11:00 - 11:45		SILVER SNEAKERS 11:00 - 11:45			
<b>AFTERNOON CLASSES:</b>						
360° CYCLE 12:15 - 12:45	360° COMBAT 12:15 - 12:45	360° CYCLE 12:15 - 12:45	360° COMBAT 12:15 - 12:45			
<b>EVENING CLASSES:</b>						
360° PUMP 5:30 - 6:00	ZUMBA™ 5:30 - 6:00	360° RIPPED 5:30 - 6:00	ZUMBA TONING™ 5:30 - 6:00	360° PUMP 5:30 - 6:00		
360° CYCLE 5:30 - 6:00	ABOUT FACE BOOT CAMP 5:45 - 6:45 *** EXTRA FEE ***	360° POWER CHAIR 6:00 - 6:30	ABOUT FACE BOOT CAMP 5:45 - 6:45 *** EXTRA FEE ***	360° RIPPED 6:00 - 6:30		
ABOUT FACE BOOT CAMP 5:45 - 6:45 *** EXTRA FEE ***	ZUMBA TONING™ 6:00 - 6:30	ZUMBA TONING™ 6:30 - 7:00	ZUMBA™ 6:00 - 6:30		<p><b>We ♥ you! You are awesome!</b>  <b>Thanks for studying our</b>  <b>Group Fitness Schedule</b>  <b>and for picking  as your fitness partner.</b></p> <p><i>What can we do to better serve you?</i>            Let us know by dropping us a line  <a href="mailto:info@360fitnessonline.com">info@360fitnessonline.com</a>            and enjoy a fitness beverage            of your choice on us!</p> <p> + EMAIL =  &amp; </p>	
360° BARRE BURN** 6:00 - 6:30	360° PUMP 6:30 - 7:00	ZUMBA™ 7:00 - 7:30	360° CYCLE 6:30 - 7:00			
360° FLOW* 6:00 - 6:30	360° BARRE BURN* 7:00 - 7:30	360° COMBAT 7:30 - 8:00	360° COMBAT 6:30 - 7:00			
360° AB LAB 6:30 - 6:45	360° FLOW** 7:00 - 7:30		360° RIPPED 7:00 - 7:30			
ZUMBA™ 6:45 - 7:30						
360° COMBAT 7:30 - 8:00						
*1ST, 3RD & 5TH MONDAY OF THE MONTH **2ND & 4TH MONDAY OF THE MONTH	*1ST, 3RD & 5TH TUESDAY OF THE MONTH **2ND & 4TH TUESDAY OF THE MONTH					

# 360° FITNESS

Class	Descriptions and Cool Features	Fitness Goal	Ave. Calories Burned per Hour
<b>360° Ab Lab</b>	An intense, non-stop, and high rep workout that will work every part of your superficial and deep abs, obliques, and back. Get ready to be sore and want to come back for more!	<b>M</b>	<b>250</b>
<b>360° AeroJump</b>	Athletes know that Plyometrics can produce results in record time! This class will utilize body weight exercises to train your muscles to respond quickly and powerfully in order to gain the extra strength you're looking for.	<b>CV M</b>	<b>850</b>
<b>360° Barre Burn</b>	This is a shortcut to your leanest, firmest, sexiest body ever. We fuse the disciplines of ballet, core conditioning, Pilates, and weight training into one dynamic non impact class. This total body workout, consistently delivers amazing results at record speed.	<b>CV M F</b>	<b>650</b>
<b>360° Combat</b>	Strength, speed and endurance all in one! This cardio kickboxing class combines non-stop punching/kicking combos with elements of MMA to a funky beat. Calisthenics and free weights leave you feeling whipped at the end of each workout!	<b>CV M</b>	<b>850</b>
<b>360° Cycle</b>	A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain- based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.	<b>CV M</b>	<b>650</b>
<b>360° Flow</b>	The perfect blend of Pilates, Yoga, sports stretch, dance stretch, and athletics that will help you burn calories and build muscle! It's about way more than just flexibility. The dynamic blend of movement increases strength, balance, and agility, while being easy on the mind and the joints.	<b>F M</b>	<b>450</b>
<b>360° Power Chair</b>	This high-energy class is designed for maximum-calorie output! You will perform challenging drills using the chair, weights, resistance tubing, bands, and medicine balls. This workout will pull the athlete out in you! It's not just a class, it's your GOAL!	<b>CV M</b>	<b>700</b>
<b>360° Pump</b>	A resistance training workout that delivers RESULTS! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.	<b>M</b>	<b>700</b>
<b>360° Ripped</b>	Burn, sweat, tighten and melt your body in this conditioning class that combines calorie-burning cardio drills with muscle-leaning sculpting exercises into an intense workout. No coordination necessary, but come prepared to work intensely.	<b>CV</b>	<b>800</b>
<b>About Face Boot Camp</b>	The kick-in-the-pants, get-up-and-run-three-miles, knock-out-100-push-ups, lose-15 pounds-of-body fat, and put-on-5-pounds-of-muscle-in-2 months boot camp you've been looking for! It's time to feel fit, happy, and proud of your body! There is not a single reason why ANYONE should feel uncomfortable in their own skin. Enough is enough, and it's time for a change! It's time for a complete About Face!	<b>CV M F</b>	<b>950</b>
<b>Silver Sneakers</b>	The Silver Sneakers® Fitness Program is an innovative health, exercise and wellness program helping mature adults live healthy, active lifestyles. Get fit, have fun, make friends! Health plans around the country support this award-winning program to people who are eligible for Medicare or to group retirees.	<b>CV M</b>	<b>450</b>
<b>Zumba Toning™</b>	Zumba Toning™ combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-burning, strength-training, dance fitness-party. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast!	<b>M</b>	<b>550</b>
<b>Zumba™</b>	There's no other fitness class like the Zumba Fitness-Party™. This workout will inspire your senses while working all major muscle groups in a high-energy cardio blast that leaves you invigorated, refreshed and full of life. Zumba classes feature international music and dance styles from all parts of the globe. Designed for all experience levels. Get ready to "shake your booty" Zumba style!	<b>CV</b>	<b>750</b>

**Cardiovascular Conditioning (CV)** - These types of sessions will improve the health of your heart, burn a ton of calories and develop overall fitness conditioning. They are a must for those of you wanting to burn body fat.

**Muscle Conditioning (M)** - By regularly participating in these sessions you will maintain muscle mass, develop your strength, improve your muscle tones and definition, increase your metabolic rate, achieve a healthy body weight and fat percentage, improve your posture, strengthen your bone density, improve your balance, and more! Muscle conditioning programs are the fastest way to change your body shape.

**Mind/Body Fitness and Flexibility (F)** - If you want to avoid injuries, reduce tight and stiff areas, manage your stress and develop muscles that are both strong and pliable; these sessions are perfect for you.