



AVENTURA
WINTER 2 2010
Schedule Effective:
 Feb 1, 2010 - Feb 28, 2010

GROUP FITNESS MANAGER: Geoff Bagshaw
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45 - 7:30 * Studio Cycling CS Luis Best	8:15 - 9:00 * Studio Cycling CS Chan Gannaway	6:45 - 7:30 * Studio Cycling CS Luis Best	8:15 - 9:00 * Cycle Go! CS Sebastian Santos	6:45 - 7:30 * Interval Cycling CS Billy G	8:15 - 9:00 operationBOOTCAMP MS Sean Centifanti	9:15 - 10:30 Vinyasa Flow Yoga YS Lisa Lorene
8:15 - 9:00 * Studio Cycling CS Suyumi Quiroz	9:00 - 9:45 * Intro To Studio Cycling (2/2) (L1) CS Chan Gannaway	8:15 - 9:00 E-Training! MS Janet Wildemuth	9:00 - 10:00 Hatha Yoga YS Aiysha Ghani	8:15 - 9:30 Vinyasa Flow Yoga YS Veronica Graft	9:00 - 9:45 Kettle Bell Workout MS Sean Centifanti	9:30 - 10:30 * Studio Cycling CS Mark Whalen
8:15 - 9:00 Serious Sculpt MS Geoff Bagshaw	9:00 - 10:00 * FitBody Workout MS Sebastian Santos	9:00 - 10:00 Funk-tional Core Moves MS Geoff Bagshaw	9:10 - 10:00 * FitBody Workout MS Sebastian Santos	9:00 - 10:00 Serious Sculpt MS Suyumi Quiroz	9:00 - 10:15 Hatha Flow Yoga YS Edmalia Constanza	10:00 - 10:30 PowerBall Abdominals MS Suyumi Quiroz
9:00 - 10:00 * Athletic Flex MS Alex Cohen	9:00 - 10:00 Pilates Mat Fusion YS Abbie Appel	9:00 - 10:00 Yoga Basics YS Debbie Lang	9:30 - 10:15 * Equi-triTREAD TR Suzanne Wittrock	10:00 - 11:00 Zumba! MS Suyumi Quiroz	10:00 - 11:00 * Studio Cycling CS Mark Whalen	10:30 - 11:30 The Skinny Jeans Workout™ MS Suyumi Quiroz
9:00 - 10:15 Power Flow Yoga YS Angela Fischetti	9:30 - 10:15 * Equi-triTREAD TR Pablo Elorriaga	9:30 - 10:30 * Pilates Reformer (Paid) S1 Natalie Rivera	10:00 - 11:00 Cardio Sculpt MS Luis Best	10:15 - 11:15 * Studio Cycling CS Geoff Bagshaw	10:00 - 10:30 AB Blast MS Sebastian Santos	11:30 - 12:30 Stretch & Center YS Elissa Barbach
9:30 - 10:30 * Pilates Reformer (Paid) S1 Stephanie Rimes	10:00 - 11:00 dancetriballab MS Sebastian Santos	10:00 - 11:00 Zumba! MS Eliana Bonilla	10:15 - 11:15 * Studio Cycling CS Silk Manning		10:30 - 11:30 FitBody Workout MS Sebastian Santos	
10:00 - 11:00 dancetriballab MS Salim	10:15 - 11:15 * Studio Cycling CS Billy G	10:15 - 11:15 * Studio Cycling CS Betty Licolli	10:15 - 11:15 Beach Body Pilates YS Stephanie Rimes		10:30 - 11:30 Pilates Bootcamp YS Natalie Rivera	
10:15 - 11:15 * Studio Cycling CS Alex Cohen	11:15 - 12:15 Stretch & Center YS Elissa Barbach				11:30 - 12:30 dancetriballab MS Brenda Vargas	
11:15 - 12:15 Centrifugal Yoga YS Joey Corona		12:00 - 1:00 Stretch & Center YS Elissa Barbach		12:00 - 1:00 Stretch & Center YS Elissa Barbach		
5:30 - 6:00 AB Blast MS Sebastian Santos	6:00 - 6:30 AB Blast MS Silk Manning	5:30 - 6:00 PowerBall Abdominals MS Alex Cohen	5:30 - 6:00 AB Blast MS Sebastian Santos	6:00 - 7:00 Cardio Sculpt MS Geoff Bagshaw	5:00 - 6:00 * Studio Cycling CS Rafael Cintron	
6:00 - 7:00 FitBody Workout MS Sebastian Santos	6:00 - 7:00 Pilates Mat YS Tina Grandinetti	6:00 - 7:00 Athletic Flex MS Alex Cohen	6:00 - 7:00 FitBody Workout MS Sebastian Santos	6:15 - 7:15 * Cycle Go! CS Mark Whalen	5:30 - 6:00 Armed and Dangerous MS Geoff Bagshaw	
6:00 - 7:00 Intro To Pilates Fundamentals (2/8) (L1/2) YS Stephanie Rimes	6:30 - 7:30 * Rhythm Ride CS Michelle Fernandez	6:00 - 7:00 Yoga Basics YS Edmalia Constanza	6:15 - 7:15 Pilates Mat YS Natalie Rivera		6:00 - 6:30 RIPPED Abs & Booty MS Geoff Bagshaw	
7:00 - 8:00 * Pilates Reformer (Paid) S1 Debbie Lang	6:30 - 7:30 Cardio Kickboxing MS Silk Manning	6:15 - 7:00 * Equi-triTREAD TR Pablo Elorriaga	7:00 - 8:00 * Studio Cycling CS Chan Gannaway		6:00 - 6:30 Core, ROLL and STRETCH YS Rafael Cintron	
7:00 - 8:00 * Studio Cycling CS Mark Whalen	7:15 - 8:30 Vinyasa Flow Yoga YS Veronica Graft	7:00 - 8:00 * Pilates Reformer (Paid) S1 Tina Grandinetti	7:00 - 8:00 dancetriballab MS Brenda Vargas			
7:00 - 8:00 Zumba! MS Suyumi Quiroz	7:30 - 8:15 Funk-tional Core Moves MS Geoff Bagshaw	7:00 - 8:00 Boot Camp MS Geoff Bagshaw				
7:00 - 8:15 Vinyasa Yoga YS Nicolay Del Salto		7:00 - 8:00 Boot Camp MS Geoff Bagshaw				
		7:15 - 8:15 * Studio Cycling CS Alex Cohen				
		7:15 - 8:30 Warrior Flow Yoga YS Nicolay Del Salto				

BOLD New Class, Instructor or Time
 * Sign-up required (available 30 min prior to start of class)

CLASS LEVEL GUIDE
 Unless otherwise indicated, all levels are welcome
 L1 Beginner
 L1/2 Beginner/Intermediate
 L2 Intermediate
 L2/3 Intermediate/Advanced
 L3 Advanced/Practiced

STUDIO KEY
 S1 Studio 1
 CS Cycling Studio
 MS Main Studio
 YS Yoga Studio
 TR Treadmill Area



AVENTURA

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CLUB HOURS

Mon - Thurs 5:30am-11:00pm
Fri 5:30am-10:00pm
Sat & Sun 8:00am-8:00pm

KIDS's CLUB HOURS

Mon - Thurs 9:00am-2:00pm,
4:30pm-8:30pm
Fri 9:00am-2:00pm,
4:00pm-7:00pm
Sat & Sun 8:00am-1:00pm

AB BLAST

Hit your middle with a blast of core conditioning exercises to enhance abdominal definition and stability.

ARMED AND DANGEROUS

Take no prisoners. In 30 minutes, shape and define your arms, shoulders, and upper body with effective, time-efficient methods using a variety of equipment. Workout ends with hard core abdominal training.

ATHLETIC FLEX

A cardio body conditioning class that explores functional movement and cutting edge conditioning exercises. Uses body bars and dumbbells.

BEACH BODY PILATES

Get your bottom buff and bring out your six pack. Sculpt your arm, tone your thighs, and get ripped for bathing suit weather with this class that focuses on a total body workout using classical and contemporary Pilates movements and small props.

BOOT CAMP

You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

CARDIO KICKBOXING

A non-stop, non-contact, choreographed cardio kickboxing work out set to popular music. Class ends with balance, abdominals, and flexibility. Fun and easy to follow.

CARDIO SCULPT

Total Body Workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting session.

CENTRIFUGAL YOGA

Joey Corona's practice of smooth Vinyasa flows that emphasize inner strength manifesting to the outside. This combination of asanas will build strength, balance, inner awareness and will undo the cumulative repetitious patterns of exercise movement (cycling, running and weight training).

CORE, ROLL AND STRETCH

30 minutes of therapeutic bliss! 10 minutes of progressive core training, 10 minutes of myofascial release in the lower back, IT band and Hip Rotators using the foam roller and 10 minutes of deep stretches of the hamstring, hip abductors and IT Band using the stretch band.

CYCLE GO!

Get your cardio buzz going with this great indoor cycling class taught to energizing music.

DANCETRIBALLAB

Global rhythms from 5 continents in a mix designed to put your body and mind in the best shape of your life! Unique methodology for injury prevention and safety. Release your inhibitions and have fun as you dance like a T.V. star.

E-TRAINING!

An intense workout that uses everything but the kitchen sink- if bootcamp is your thing, this is your class. Interval and cross training for the fit done in sport specific stations that are functional in nature.

EQUI-TRITREAD

Developed by Michael Wollpert this running class set on treadmills follows the philosophy of triathlete training. Expect real terrain running with heart rate monitor training to maximize results. Techniques learned in class can be applied to outdoor running.

FITBODY WORKOUT

A cardiovascular workout with steps, dumbbells, body bars, stability and medicine balls to great music makes this class timeless, as well as fun and effective for all fitness levels.

FUNK-TIONAL CORE MOVES

A powerful full body routine that will enhance your strength, flexibility and balance with exercises that involve utilizing and developing your core.

HATHA FLOW YOGA

A classical but vigorous approach style of yoga with the focus upon optimizing each asana using the Universal Principles of Alignment and connecting to your own heart.

HATHA YOGA

A physical approach to the yoga practice connecting postures, movement and breathing.

WINTER 2 2010 - CLASS DESCRIPTIONS

INTERVAL CYCLING

TRAIN HARD! Intervals drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

INTRO TO PILATES FUNDAMENTALS (2/8)

Learn the fundamentals and principles of classical pilates. Special attention is spent ensuring proper form and execution of all exercises. This class is perfect for those new to pilates and those who are experienced. Come learn how this class will help you begin or deepen your practice.

INTRO TO STUDIO CYCLING (2/2)

Learn proper bike set up and riding form in this monthly class especially for beginners. No special shoes or equipment required. This session includes an orientation and a beginner level ride that will teach you all riding positions and simple modifications for new riders.

KETTLE BELL WORKOUT

The ultimate in cutting edge strength training, cast iron bells are used to develop the correct blend of strength with flexibility for maximum fat burning and muscular endurance. Shred your mid section, tone your legs and strengthen your back while pushing your cardio capacity to the limit.

OPERATIONBOOTCAMP

A non stop 45 minutes series of hard core selected exercises using ropes, kettle bells, dumbbells, agility ladders, chains, weighted sand bags and more that will get you the results you're looking for. Get READY to change your body and change your life!

PILATES BOOTCAMP

Intense mat sequences and variations of the pilates exercises using the Resist-a-ball, BOSU, rings, resist-a-bands, and medicine balls. Are you ready to take your pilates experience to the next level? Give your existing pilates routine a boost!

PILATES MAT

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & agility.

PILATES MAT FUSION

Series of exercises performed on a mat to complement different elements of pilates core and posture work focusing on powerhouse strengthening exercises and increasing flexibility.

PILATES REFORMER (PAID)

Pilates Reformer (Paid)

POWER FLOW YOGA

Stephanie's signature yoga class choreographed to soulful music blending Ashtanga, Vinyasa, Power and Restorative yoga. A transformational experience designed for all levels.

POWERBALL ABDOMINALS

A series of structured abdominal sequences that are placed sequentially to maximize deep thoracic work along with abdominal and lower back work. The use of the medicine ball adds to the degree of intensity. Developed by instructor Marcelo Ehrhardt.

RHYTHM RIDE

Feel the music and get your pulse to the max! From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. Buddy Macuha's signature cycling class.

RIPPED ABS & BOOTY

This 30 minute format combines cutting edge abdominal strength exercises to reveal your six-pack with lower back, gluteal and hamstring exercises designed to firm, lift and define your backside. Regular use of this class will get you compliments whether you are coming or going!

SERIOUS SCULPT

Informed by the latest findings in exercise science, instructors focus on strengthening and fine-tuning major muscle groups with a focus on functional exercises. This cutting-edge workout may include use of The Step, dumb-bells, Body Bars, medicine balls, body resistance, and/or the Gliding Disc (tm).

STRETCH & CENTER

Major muscle groups are actively stretched with integrated core stabilization and using a rope for easier reach. Stretch techniques include A.I. (active-isolation) and other PNF (proprio-neuro-facilitated) methods. Recommended for all fitness levels from beginners to athletes.

STUDIO CYCLING

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.

THE SKINNY JEANS WORKOUT™

A Whole Body Workout designed to focus on your abs, buns and thighs and get you into those skinny jeans. Molly Fox creator, Skinny Jeans Advocate and Change your Body Agent, fused tried and true 80's exercises with new modern moves. A fitness experience for all ages, get into a pair today...

VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

VINYASA YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Classes are diverse and sequencing will vary with instructor philosophy.

WARRIOR FLOW YOGA

Increase flexibility, muscle tone and build strength with Adrian's signature yoga workout. An innovative and challenging system evolved from Ashtanga, Vinyasa and power yoga. Hands-on adjustments for maximum support and high energy sequences designed to explore the active side of yoga.

YOGA BASICS

Beginner yoga class which introduces yoga flows, asanas (poses) and language used in many yoga disciplines.

ZUMBA!®

ZUMBA!® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.