



# The Back Gym

Health & Fitness Center

Specializing in core strengthening land based & aquatic programs

Class levels: (\*) Starters  
 (1) Beginners  
 (2) Intermediate  
 (3) Advanced

**New  
Schedule**

## Aquatic Schedule

**AUGUST 2010**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30 am Hydro Challenge (3) Olga	7:30 am Cardio Sculpt (2,3) Olga	7:30 am Hydro Challenge (3) Olga	7:30 am Cardio Sculpt (2,3) Olga	7:30 am Hydro Challenge (3) Olga	
	8:30 am Cardio Sculpt (2) Olga		8:30 am Cardio Sculpt (2) Olga		8:30 am Cardio Sculpt (2) Olga	
	9:30 am Just My Speed (1) Olga	9:30 am Just My Speed (*),1) Olga	9:30 am Just My Speed (1) Olga	9:30 am Just My Speed (*),1) Olga	9:30 am Just My Speed (1) Olga	
10:30 am Aerobics & Core (2,3) Gail	10:15 am Cardio Sculpt (2,3) Olga	10:15 am Aerobic & Core (2,3) Olga	10:15 am Cardio Sculpt (2,3) Olga	10:15 am Aerobic & Core (2,3) Olga	10:15 am Cardio Sculpt (2,3) Olga	10:30 am Aerobic & Core (2,3) Miquela
11:30 am Balance & Strength (*),1) Gail	11:15 am Balance & Strength (1,2) Olga		11:15 am Balance & Strength (1,2) Olga		11:15 am Balance & Strength (1,2) Olga	11:30am Cardio Sculpt (*),1) Miquela
	12:30 Just My Speed (*) Ian		12:30 Just My Speed (*) Ian		12:30 Just My Speed (*) Ian	
	5:30 pm Balance & Sculpt (1,2)	5:30pm Aerobics & Core (1, 2,or3)	5:30pm Balance & Sculpt (1, 2)	5:30pm Balance & Strength (1,2,or 3)		

AQUATIC	CLASS	DESCRIPTIONS
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Level 1	Level 2	Level 3
<p><b>All clients will begin their exercise program in Level 1.</b></p> <p>This level is also appropriate for those individuals who are new to exercise, who don't know where to begin, who've had surgery, or who have other physical limitations.</p>	<p>This level is appropriate for those individuals that have completed Level 1. It is also appropriate for those who have an exercise background, those who are looking for a safe way to challenge themselves and are seeking additional fitness benefits.</p>	<p>This level is appropriate for those individuals that have completed Level 2. It is also appropriate for those individuals who have a strong history of exercise, no physical limitations, those seeking a safe way to challenge themselves.</p>

**Back In Action**

Exercises in this class are focused on core muscles (abdominals and back) and are appropriate for those individuals who are post-surgery, who have osteoporosis, or who are new to exercise and would like a fun, safe place to begin.

**Just My Speed**

Class focuses on slow, deliberate movements that focus on balance and stability stemming from the core (abdominals and back). Strength training is also incorporated to complete the workout. Great for individuals who are having balance problems.

**Hydro-Challenge**

A dynamic workout designed to increase muscular endurance, stimulate the aerobic training cycle, & emphasize full range of motion for the fit person. Training includes resistance, interval, and endurance training.

**Aerobics & Core**

Workout challenges core stability and introduces new exercises that strengthen and tone. Light aerobic workout is also incorporated into the class for a fun and complete workout session.

**Cardio Sculpt**

An exhilarating cardiovascular & core workout using different positions, tempos, range of motion, levers, and equipment.

**Sculpt**

Exercises focus on all the major muscle groups (& few smaller ones you may have forgotten) in this flattening & firming class.

**Balance & Strength / balance & sculpt**

Improve your posture, increase your balance, and strengthen your core (lower back and abdominals) in this unique conditioning class. Highly recommended for seniors, novices, or deconditioned individuals, but challenging for everyone.

**Personal Training:**

**The back gym also offers aquatic and land-based personal training for 50.00 per session. Ask for more information.**

3702 Washington St #101      Hollywood, FL 33021    954-272-2496



# The Back Gym

Health & Fitness Center  
Specializing in core strengthening land based & aquatic programs

**NEW  
SCHEDULE**

## Land Schedule

**AUGUST 2010**

Class levels: (\*) Starters  
(1) Beginners  
(2) Intermediate  
(3) Advanced

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 am Core Strength (2,3) Sol	8:30 am Body Forging (2,3) Olga	8:30am Stability Ball (2) Ian	8:30 am Body Forging (2,3) Olga	8:30 am Mat Pilates (2,3) Sol	
9:15 am Stability Ball (1,2,or 3) Gail						9:15 am Stability Ball (1,2,or 3) Miquela
	10:30 Mat Pilates (1,2) Sol	10:30 am Seated Bosu & Stability Ball (1) Ian (45min)	10:30 am Mat Pilates (1,2) Sol	10:30 am Seated Bosu & Stability Ball (1) Ian (45min)	10:30 am Mat Pilates (1,2) Sol	
	11:30 am Pilates Reformer (2,3) Sol	11:15 am Body Sculpt (1,2) Olga	11:30 am Pilates Reformer (2,3) Sol	11:15 am Body Sculpt (1,2) Olga	11:30 am Pilates Reformer (2,3) Sol	

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LAND	CLASS	DESCRIPTIONS
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Level 1	Level 2	Level 3
<p><b>All clients will begin their exercise program in Level 1.</b></p> <p>This level is also appropriate for those individuals who are new to exercise, who don't know where to begin, who've had surgery, or who have other physical limitations.</p>	<p>This level is appropriate for those individuals that have completed Level 1. It is also appropriate for those who have an exercise background, those who are looking for a safe way to challenge themselves and are seeking additional fitness benefits.</p>	<p>This level is appropriate for those individuals that have completed Level 2. It is also appropriate for those individuals who have a strong history of exercise, no physical limitations, those seeking a safe way to challenge themselves.</p>

**Stability Ball & Abs**

This class will help you to strengthen your core. You will perform a variety of balance, core training strength, flexibility & rehabilitation exercises.

**Body Sculpt**

Focus on muscular endurance using proper form. Strengthen & tone your body in this non-cardiovascular program.

**Mat Pilates**

Wonderful strengthening Pilates moves and dynamic stretches will increase flexibility and lengthen muscles.

**Pilates Reformer**

Optimize your posture & strengthen the body's "core" on Pilates Reformer equipment, creating long, healthy muscles. (Only 4 admitted)

**BODYFORGING**

A cross between Tai Chi, (power) Yoga, Pilates, and the Martial Arts that require specific/intense muscle contraction and Control. It corrects your posture, clears the mind, reduces stress, and makes you feel good by bringing you in touch with yourself and most of all burns calories.

**Personal Training:**

The back gym also offers aquatic and land-based personal training for 50.00 per session. Ask for more information today!!