

# inbalance fitness – harbor town

## Group Fitness Schedule (effective 3/2/09)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 am	<b>Spinning®</b>	<b>Zumba</b>	<b>Spinning®</b>	<b>Power Zumba</b>	<b>Spinning®</b>		
8 am	<b>Strong bodies Strong bones</b>	<b>Pilates</b>	<b>Strong bodies Strong bones</b>	<b>Pilates</b>			
9 am						<b>Pilates</b>	
10 am				<b>Never Too Late Yoga</b>		<b>Spinning®</b>	
11 am						<b>Yoga</b>	
2:15 pm		<b>Fit Momma*</b>		<b>Fit Momma*</b>			
5:30 pm	<b>Yoga</b>	<b>Pilates</b>	<b>Yoga</b>	<b>Pilates</b>			
6:30 pm	<b>BootCamp</b>	<b>Spinning®</b>	<b>BootCamp</b>	<b>Spinning®</b>			

**PERSONAL TRAINING, PRIVATE YOGA, AND PRIVATE REFORMER SESSIONS AVAILABLE BY APPOINTMENT- 901-522-1559**

**ALL CLASSES/SCHEDULES SUBJECT TO CHANGE**

**718 HARBOR BEND RD. MEMPHIS, TN 38103 901-522-1559**

Bring this coupon for  
1 week complimentary access  
to inbalance fitness- harbor town  
limit one per person



**inbalance**  
FITNESS



# YOGA

**Yoga**– These classes are a combination of breathing exercises, physical postures, and meditation. Yoga postures build strength and increase flexibility. These classes are appropriate for all levels. The emphasis of these classes is placed on learning and maintaining proper alignment while flowing in sequences of poses. Options and modifications are provided for both new and seasoned practitioners.

**It's never too late yoga**- This class is designed for students 50 and older, to gain body confidence, flexibility, strength, balance and peace of mind.

## PILATES

**Pilates**- Pilates is a unique form of exercise that focuses on the core section of the body- tones and lengthens muscles, increases abdominal and back strength, improves posture, reduces joint and lower back pain and reduces stress and tension.

**Pilates Reformer Class**- the Reformer helps one establish torso stability and postural alignment while working peripheral limbs in a range of motion. The adjustable springs allow for progressive resistance, which helps to lengthen and strengthen the muscles rather than building bulk. It makes for an effective, no-impact stretching and toning workout that is friendly to the joints. **\*\*CALL FOR PRICING**

**PRIVATE REFORMER CLASSES AVAILABLE BY APPT ONLY; CONTACT STAR RITCHEY AT [stars1473@hotmail.com](mailto:stars1473@hotmail.com) or 901-522-1559**

## CARDIO / STRENGTH

**Zumba** - Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. **Power Zumba** adds the addition of light weights.

**BootCamp**- Certified Personal Trainers bring you and intense boot camp workout using strength training, plyometrics and interval training.

**Spinning®** - this is a form of high-intensity exercise that uses a stationary bike in a classroom setting.

**Strong bodies Strong bones-** this is a resistance training class which utilizes free weights, bands, and other apparatus as well as body weight to strengthen and tone your body while increasing range of motion and improving bone density.

**Fit Momma-** a cardio and strength training class for momma and baby.

\*\$15 / class or \$75 / 6 classes

PLEASE CALL FOR MEMBERSHIP PRICES

\*\*DROP-IN FEES - \$15 / CLASS UNLESS OTHERWISE NOTED