



2018 Fall

"A Full Service Facility"

**Hours:** Mon– Thurs 5:00-9:30 pm  
 Fri. 5:00-8:00 pm Sat. 7:00-6:00 pm  
 Sundays 8:00-2:00 pm  
**Babysitting** M-F 8:30am-12:00 Sat. &  
 pm hours by request - \$2.00 per hr.

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 West Warwick, RI

Phone: 401-828-3458

americanhealthfitnesscenter.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>9:00</b> Circuit Challenge</p> <p><b>11:00 NEW*</b> Fitness Kickboxing 101 (<b>\$4.00</b>) <b>GI-GI</b></p> <p><b>Fami-lySwim</b></p> <p><b>1-2pm \$3 per child &amp; adult w/ member \$5</b></p>	<p><b>9:00 H2O Aerobics</b> Diane</p> <p><b>9:15</b> Cardio Core w/Med. Ball, Bender ball, &amp; other core resistance</p> <p><b>10:00</b> Floor Core Pilates Mix w/ balls &amp; bar Tammy</p> <p><b>11:00</b> Senior Strength 30 min. Bill (register)</p> <p><b>4:45</b> 30 min. Muscle Sculpt - TRX (register ahead)</p> <p><b>5:20</b> Cardio mix w/ Kick Box / Strength -body bar, tubing, etc. Tammy</p> <p><b>7:00 *NEW*</b> Fitness Kickboxing 101 (<b>\$4.00</b>) <b>GIGI</b></p>	<p><b>8:30</b> Yoga - Brian (<b>\$4.00</b>)</p> <p><b>9:30 H2O Arthritis</b></p> <p><b>10:30 H2O Cardio</b> Gina</p> <p><b>TRY Gravity* (First Class Free)</b></p> <p><b>5:20</b> Muscle Pump / HIIT Tammy</p> <p><b>6:00</b> 30 min. floor core &amp; muscle pump</p> <p><b>6:00 H2O Cardio</b> Gina</p>	<p><b>8:40 Corepole</b> Challenge your strength &amp; Endurance Bill</p> <p><b>9:00 H2O Aerobics</b> Diane</p> <p><b>9:15</b> Mini Trampoline / Cardio / <b>Tabata</b> Mix Tammy</p> <p><b>10:00</b> Core workout on rebounder.</p> <p><b>12:00</b> Lunch Sprint Cycle (reserve) Bill</p> <p><b>5:20 Cardio / Tabata</b> w/ Trampoline &amp; Med Balls Tammy</p> <p><b>6:00 Trx Strap (30 min.)</b></p>	<p><b>8:15</b> Yoga - Brian (<b>\$4.00</b>)</p> <p><b>9:15 Trx Strap</b> (suspension training workout) Tammy (reserve)</p> <p><b>9:30 H2O Arthritis</b></p> <p><b>10:30 H2O Aerobics</b> Gina</p> <p><b>4:30 Learning?? Sign Up for a training session before joining a class or classes.</b></p> <p><b>4:45 *NEW*</b> Fitness Kickboxing 101 (<b>\$4.00</b>) <b>GIGI</b></p> <p><b>6:00 H2O Aerobics</b> Gina</p>	<p><b>8:30 Kick Box</b> Cardio Tammy</p> <p><b>9:00 H2O Aerobics</b> Diane</p> <p><b>9:15</b> HIIT / Muscle Pump (wts. Body bar, tubing, &amp; or gliders, med. Ball Tammy</p> <p><b>10:00</b> 1/2 hr. core &amp; floor muscle pump</p> <p><b>12:00</b> Senior Strength 30 min. Bill (register)</p> <p><b>Family Swim</b> 6-7 pm \$3 per child -Adult w/ Member \$5</p>	<p><b>8:15</b> Sprint Cycle -Bill</p> <p><b>9:00</b> Tabata, Bootcamps, Cardio supersets, etc. (See separate posting for each week's description) Tammy (Always your personal Best)</p> <p><b>10:00</b> Strength &amp; Core on the floor w/ various resistance tools</p> <p><b>9:00 Bootcamp Outside</b> (see front for dates) inside if bad weather</p> <p><b>10:00 H2O Aerobics</b> Gina</p> <p><b>Family Swim</b> 4-5 pm \$3 per child - Adult w/ Member \$5</p> <p><b>*TRY TRX*</b></p>

**AVOID INJURY** - If you are not able to be here at the start of class, or choose to take certain segments, (in particular - the continuous classes) you are welcome to join in anytime - after warming up....Also if you leave before the cool down & stretch, you must do your own cool down & stretch. **REMEMBER** to Observe the\*\*\***RESERVE**

<p><b>HIIT / Muscle Pump</b></p> <p>A total body bootcamp workout using steps, bosu, weights, balls, trampolines etc. for short interval bursts of cardio and strength</p>	<p><b>TRX (Strap suspension Training)</b></p> <p>Build strength, power, flexibility, balance, &amp; mobility with Suspension training straps and various conditioning tools and watch the results!! (med. - adv.)</p>	<p><b>See Separately Posted Classes and descriptions for each Month</b></p>	<p><b>Rebounding / Trampoline</b></p> <p>A fun &amp; exhilarating trampoline cardio workout that allows you to work at your own level on your personal mini trampoline.</p>
<p><b>Cycle Classes</b></p> <p>The bike is used as a mode of cardio / interval training. Inter. to adv. levels.</p>	<p><b>Kick Box Cardio</b></p> <p>A cardio / muscle conditioning workout using non - contact boxing and karate techniques. All levels</p>	<p><b>H2O classes</b></p> <p>A Zero impact total body workout utilizing the natural buoyancy and resistant qualities of the water</p>	<p><b>Fitness Kickbox 101</b></p> <p>Learn how step by step to properly punch &amp; kick. Then put together for fat burning total body workout.</p>
<p><b>Cardio Core</b></p> <p>An energy packed cardio workout using med. Ball, core-bar, bosu, to chisel the middle. You will see the change !!</p>	<p><b>Zumba</b></p> <p>A Fun Latin dance workout for all levels. Learn, Move, Laugh and feel great .</p>	<p><b>Core Workouts w/ Pilates Mix</b></p> <p>Various modes of resistance (bosu, med. &amp; Bender Balls, stability balls, rebounders) are used to challenge your middle</p>	<p><b>Yoga</b></p> <p>Lengthen, Tone, and stretch the entire body while breathing properly for maximum benefit</p>