

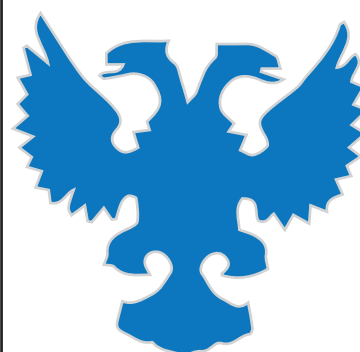
# GROUP EXERCISE MENU



\*as of May 26th, 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:45 am (55 min)	Zumba Farrah (2)	5:45 am (50 min)	Spin Lisa (S)	5:45 am (45 min)	Lift It Heidi (2)	5:45 am (50 min)	Spin Kim (S)	7:45 am (55 min)	Zumba Toning Kathie (2)	7:00 am (50 min)	Spin Heidi (S)	8:30 am (55 min)	Lift It Jane (2)
8:45 am (50 min)	Spin Kim (S)	8:30 am (55 min)	Mat Pilates Keri (3)	7:45 am (55 min)	Zumba Farrah (2)	8:30 am (55 min)	Barre / Pilates Keri (3)	8:45 am (50 min)	Spin Ann & Kim (S)	8:00 am (55 min)	Vinyasa Yoga Jeffrey (3)	8:30 am (50 min)	Revolution Spin Heidi (S)
9:30 am (55 min)	Zumba Toning Farrah (2)	9:00 am (30 min)	Lift It Express Jane/Kim (2)	8:45 am (50 min)	Spin Ann (S)	9:30 am (55 min)	Tabata B'Camp Danielle (2)	9:00 am (55 min)	Barre Assets Jane (2)	8:30 am (55 min)	H.I.I.T Kathy (2)	9:00 am (55 min)	Vinyasa Yoga Paula (3)
10:00 am (55 min)	Vinyasa Yoga Melissa (3)	9:30 am (30 min)	Spin Jane/Kim (S)	9:30 am (55 min)	H.I.I.T Donna (2)	12:15 pm (45 min)	Boot Camp Kristin (2)	10:00 am (55 min)	Lift It Heidi (2)	9:30 am (55 min)	Kickboxing Kathy (2)	9:30 am (55 min)	Zumba Jane (2)
12:00 pm (45 min)	Strength + PIYO Donna/Claudia (2)	12:15 pm (45 min)	Boot Camp Donna (2)	10:00 am (55 min)	Vinyasa Yoga Paula (3)	5:00 pm (55 min)	H.I.I.T Jason A (2)	5:00 pm (55 min)	H.I.I.T Jason A (2)	9:30 am (50 min)	Spin Jane(S)		
5:00 pm (45 min)	Cardio Strength Danielle (2)	5:00 pm (55 min)	H.I.I.T Jason A (2)	12:00 pm (50 min)	Revolution Spin Donna (S)	6:00 pm (55 min)	Lift It Heidi (2)	6:00 pm (55 min)	Lift It Heidi (2)	10:00 am (55 min)	Hatha Yoga Francine (3)		
5:30 pm (50 min)	Revolution Spin Kelle (S)	5:30 pm (55 min)	Mat Pilates Heidi (3)	5:00 pm (45 min)	Cardio Strength Rebecca (2)	6:00 pm (55 min)	Barre Assets Keri (3)	6:00 pm (55 min)	Barre Assets Keri (3)				
6:00 pm (45 min)	Xtrain Danielle(2)	6:00 pm (55 min)	Step N' Sculpt Kathy (2)	5:30 pm (50 min)	Revolution Spin Kelle (S)	7:00 pm (55 min)	Zumba Johanna (2)	7:00 pm (55 min)	Zumba Johanna (2)				
7:00 pm (55 min)	Zumba Jeffrey (2)	6:30 pm (55 min)	Hatha Yoga Francine (3)	6:00 pm (55 min)	Tabata B'Camp Jeffrey (2)	7:00 pm (30 min)	Spin Heidi (S)						
7:00 pm (55 min)	Vinyasa Yoga Carol (3)	6:30 pm (30 min)	Spin Heidi (S)	7:00 pm (55 min)	Zumba Step Farrah (2)								
		7:00 pm (30 min)	Kickboxing Kathy (2)	7:00 pm (55 min)	Yogalates Carol (3)								
		7:30 pm (30 min)	Box It Kathy (2)										
		7:30 pm (45 min)	Intro Meditation Francine (3)										

**SUMMER CAMP!**  
**Starts June 15th!**  
 Ages 5-12  
 Gravity, TRX, Sports Training, Yoga, Kid Fit and more!  
 215-622-9630  
 info@vamonospa.com



**Dynamic Soccer Training**  
 215-350-0338  
 Jason@horshamathletic.com

**Legend** (2) - Studio 2 | (3) - Studio 3 | (S) - Spin Room  
 ■ - New Class & Time

# Class Descriptions

## MIND BODY

### **20 / 20 / 20**

A classic format remixed... each week you will experience a 20 minute cardio section, followed by 20 minutes of weight lifting and 20 minutes of mat work including glutes, legs and core. 1 hour. Every body part. It's just that simple!

### **Barre Assets**

A ballet inspired workout. Build balance, strength and poise. This class fuses ballet, pilates and strength to create long/lean posture and flexibility.

### **Below The Belt**

Hello legs and glutes! This class will consist of lower body exercises, abdominals & conditioning drills! Great quick blast.

### **Boot Camp**

This challenging workout includes strength, cardio speed drills, core and functional movement patterns.

### **Box It**

A bag class with intervals of boxing drills, bag work and core work. Gloves are required!

### **Cardio Strength**

This workout may include a combination of the following: Step Training, Hi-Lo Aerobics, Kettlebells, Sports Training, Speed Drills and Toning.

### **H.I.I.T.**

High-Intensity-Interval Training = RESULTS! This is a dynamic workout that combines the best high intensity cardio and strength training. Cardio drills, plyometric training, Tabata intervals and weight training...BRING IT!

### **Kickboxing**

This empowering cardio workout is inspired by martial arts moves from a wide range of disciplines. The instructors will get you to punch, strike and kick your way to a heart pounding 30 or 60 minute workout!

### **Revolution Spin**

Designed to help you increase your fat burning potential and athletic performance. Built around 4 minute intervals of speed or resistance, you are sure to burn more calories, lose more fat, and improve overall cardio fitness. Weights or bands may be used to maximize work load expenditure.

### **Lift It**

This strength training workout challenges all major muscle groups by using barbell equipment - from exercises like squats, presses, lifts and curls. Strengthen your entire body - Lift It!

### **Spin**

Spinning is an indoor group cycling cardio class. It is a sport specific, individually paced ride that is designed to promote health and well-being. It is important to bring water and go at your own pace. All levels 30-60 minutes.

### **Strength PIYO**

30 minutes of weight training mixed with core conditioning and a combination of pilates and yoga.

### **Step N' Sculpt**

This step class format includes a mix of Step, drills and resistance intervals. The overall class objective is to improve cardiovascular endurance, burn fat and cross functionally condition the body.

### **Tabata Bootcamp**

Join this HIIT for deep cardio & muscle conditioning. Work in 4 minute intervals for a fast paced Bootcamp to build strength and endurance (Beginner, intermediate and advanced options always available!)

### **X Train**

This high intensity interval workout will keep you coming back for more. Focuses on muscle confusion to avoid routine. Drills, tabata, circuit and strength training.

*\*Classes are subject to be cancelled due to low attendance.*

### **Intro to Meditation**

Welcome to your guided meditation class. There is no right way or wrong way, just come and see for yourself. Each week we will guide you to a place of peace, comfort and self-relaxation allowing you to escape and just "be".

### **Hatha Yoga**

Classes are slower paced and emphasis is placed on doing each asana (postures) correctly. Yoga breathing is explained. Your flexibility and knowledge of yoga will increase and your stress levels will start to decrease.

### **Mat Pilates**

This innovative system of mind-body exercises builds strength without bulk, creating a sleek, toned body. It teaches body awareness, good posture, and easy graceful movement. All levels 30-60 minutes.

### **Power Yoga**

Focus on the athleticism, fitness and stretching of yoga. A unique blend of power yoga and core training help to build balance, agility and gain strength.

### **Vinyasa Yoga**

Vinyasa Yoga is the uniting of breath and movement into one vigorous, flowing, asana (postures) practice. In this class, meditation, mantras and emphasis on alignment are interwoven to create a complete yoga experience. Students are encouraged to take a few Hatha Classes first or have a basic understanding of yoga.

### **Yogalates**

A blend of classical Mat Pilates and Hatha Yoga asanas (postures) to help stimulate and engage the core, lengthen the muscles and create a toned body and calm mind.