

Pro Fitness Aerobics -- January 10 to May 9, 2010

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00am	KSU Yogilates Diana		KSU Yogilates Diana			CARDIOCORE Rotating	
9:30am		KSU Toning Diana		KSU Toning Diana		KSU CLASSES RUN JAN 14 TO MAY 7	
10:30am	KSU Toning Stacy		KSU Toning Stacy				
12:00pm	KSU Toning Diana	KSU Yogilates Diana	KSU Toning Diana	KSU Yogilates Diana			
1:30pm	KSU Yogilates Diana	KSU Toning Diana	KSU Yogilates Diana	KSU Toning Diana			
4:15pm	KSU Toning Daryl		KSU Toning Daryl				YOGA (4:30p) Kari
5:30pm	STEP Diana	BUTZ-N-GUTZ Chelsi	CARDIOKICK Stacy	BOOTCAMP Diana	PWRSCULPT Annie		
6:35pm	YOGA Karen		YOGA Karen				
7:00pm		KSU Toning Stacy		KSU Toning Stacy			
7:45pm	Martial Arts* Chris						

*Members may attend KSU classes, space permitting. *Martial Arts classes require extra fees.

Hours: Mon-Thur 5:45am-10:00pm Sat 9:00am-6:00pm 1125 Laramie St., Lower Level
 Fri 5:45am-9:00pm Sun 3:00pm-7:00pm (785) 539-7095

Step – Elevate your heart rate and condition the lower body with 45 minutes of step conditioning (may be taught in interval format occasionally). The final 15 minutes will focus on core training and cooldown stretching.

CardioCore – 30 minutes of cardio (hi/low, step, boxing, anything goes!) plus 30 minutes core conditioning.

CardioKick – A total body workout! Steps, BOSU's and boxing incorporated!

Butz-n-Gutz -- Workout designed to strengthen and tone the lower body and core area.

Power Sculpt –This class is designed to strengthen, stretch and tone the muscles using your own bodies, plus a variety of equipment including steps, free weights, tubing, BOSU's™ and stability balls.

Bootcamp -- High-energy class guaranteed to burn the calories...anything goes in this class, from drills and other cardio to strength training.

Yoga – Each session will include some strengthening and balance work, working through various poses designed to firm, reshape body lines, improve flexibility, all the while toning the abdominal muscles – the body's core of strength and energy. Various options are shown so everyone from beginner to experienced "yogis" can benefit!

KSU CLASSES: (Taught here at Pro Fitness in Eight-Week Sessions -- Jan 14 to Mar12; Mar 22 to May 6)

Total Body Toning -- Gaining strength and toning the body is the focus of this class. Exercises for all muscle groups (upper, lower, core) will be used, with safety stressed and taught. Hand weights, tubing, stability balls, BOSU's™ and steps will be utilized to help develop the body.

Yogilates™ – Come try this hybrid class combining yoga and pilates as we develop strength, flexibility and balance throughout the entire body. Props will be used occasionally, such as pilates rings, bands and balls, to complement the workout. Beginners to experienced people welcome!