

Bandercize strengthens and defines your body with band & body resistance. It is another *elite* class focusing on strength, core, posture and muscle definition.

Instructor: DeeDee Houck

Bellydancing is a graceful and fluid motion to beautiful rhythm of the music. It will improve strength, posture, body control, and core muscles while using the energy and grace for the most feminine self expression.

Instructor: Christina Nor Baywood

Blacklite Basics Ramp up your calorie burn with this new spin class in a darkened, black lit studio. Emphasis on learning basic & proper form, movement & core stability while burning lots of calories and having fun! Recommended for all levels. Do not be intimidated! **Instructor: Stephanie Cohen Mouw**

Body Sculpting This total body conditioning class tones every muscle group. Dumbbells, weighted balls and stability equipment will be used to tighten arms, flatten abs and streamline hips and glutes. **Instructor: Bethann Bark-Wolfe**

Cardio Kickboxing is a great aerobic workout but does not involve physical contact between members - it's a cardiovascular workout involving elements of boxing, martial arts and aerobics. **Instructor: Kirsten Guerin**

Dance Fitness Jam Tone & dance off the pounds while movin' to great new music, and some favorites, in this dance fitness combo. It's a full body workout that's fun with easy to learn moves, so come sweat, tone and dance away your stress!

Instructor: Mindy Spear

Extreme Core & Abs This intense half hour focuses entirely on the body's core and all abdominal groups. This workout utilizes weights, balance balls and pushes your body to the maximum capacity. **Instructor: Stephanie Cohen Mouw**

Mat Pilates focuses on strength, flexibility, injury prevention, postural alignment, improved range of motion & more. Benefits everyone at every fitness level.

Instructors: Bethann Bark-Wolfe, Kirsten Guerin

Stretch & Sculpt offers total body & mind conditioning with this unique mix of Yoga, Pilates, light weight training. Bob uses weights to help extend stretches and challenge muscles. **Instructor: Bob Krivit**

Spin & Stretch Spinning is an indoor biking that is a great cardio workout, increases weight loss and shapes your legs. Spin & Stretch provides half spinning and finishes with Pilates-style stretching and core work. **Instructor: Liz Perciballi**

Zumba Dance A total body workout with fat-burning dance moves & toning. It's a mix of salsa, merengue, samba, belly dancing, reggaeton, cumbia & more. This is dance fitness at its best, it's easy to follow with no complicated choreography. **Instructors: Lisa Diedrich, Mindy Spear, Diana Conklin, Dorite Lehrer**

Elite Fitness

674-9389

203 Birch Hill Rd, Locust Valley

Class Schedule

Effective 2012

Monday

| | | |
|----------------------------|------------------------------|--------------------|
| 9:00a-10:00a | Bootcamp ^{workshop} | Liz Perciballi |
| 10:00a-11:00a ^B | Spin-n-Stretch | Liz Perciballi |
| 6:00p-7:00p | Zumba | Lisa Diedrich |
| 7:00p-8:00p | Pilates | Bethann Bark-Wolfe |

Tuesday

| | | |
|--------------------------|-------------------|----------------|
| 9:00a-10:00a | Cardio Kickboxing | Kirsten Guerin |
| 10:00a-11:00a | Zumba | Dorite Lehrer |
| 6:00p-7:00p ^B | Zumba | Mindy Spear |
| 7:00p-8:00p | Bandercize | DeeDee Houck |

Wednesday

| | | |
|----------------------------|------------------------|-----------------------|
| 9:00a-10:00a | Cardio Kickboxing | Kirsten Guerin |
| 10:00a-11:00a ^B | Body Sculpting | Bethann Bark-Wolfe |
| 4:00p-5:00p | Zumba | Mindy Spear |
| 6:00p-6:45p | Spin: Blacklite Basics | Stephanie Cohen Mouw |
| 7:00p-8:00p | Bellydancing | Christina Nor Baywood |

Thursday

| | | |
|--------------------------|----------------|----------------|
| 9:30a-10:30a | Spin-n-Stretch | Liz Perciballi |
| 6:00p-7:00p ^B | Zumba | Diana Conklin |
| 7:00p-8:00p | Pilates | Kirsten Guerin |

Friday

| | | |
|----------------------------|-------------------|----------------|
| 9:30a-10:30a | Cardio Kickboxing | Kirsten Guerin |
| 10:30a-11:30a ^B | Zumba | Lisa Diedrich |
| 4:00p-5:00p | Dance Fitness Jam | Mindy Spear |

Saturday

| | | |
|---------------|------------------------------|----------------------|
| 8:00a-9:00a | Bootcamp ^{workshop} | DeeDee Houck |
| 9:00a-10:00a | Zumba | Lisa Diedrich |
| 10:15a-10:45a | Extreme Core & Abs | Stephanie Cohen Mouw |
| 10:45a-11:30a | Spin | Stephanie Cohen Mouw |

Sunday

| | | |
|---------------|------------------|-----------------------|
| 9:00a-10:00a | Stretch & Sculpt | Bob Krivit |
| 10:00a-11:00a | Zumba | Diana Conklin |
| 11:00a-12:00p | Bellydancing | Christina Nor Baywood |

^B Babysitting services available as noted and by appointment

ELITE WORKSHOPS

1st
Workshop
FREE!

Workshops not included in
class memberships

New-Wave Cardio Boot Camp

Monday 9:00-10:00am & Saturday 8:00am-9:00am

Instructor: DeeDee Houck & Liz Perciballi

This circuit training is a spin on boot camp style training & a great way to get a full body workout, tone & lose weight. Instructors incorporate circuit training with lower/upper functional, core, rotational ab exercises, flex bands, weight training, balance, flexibility and TRX suspension.

Member rate: \$20/mo up to 4, \$35/mo up to 8 sessions

Non-Member rate: \$55/mo up to 8 sessions

P90X by Elite

Our P90X style workshop uses targeted training phases so your body keeps adapting and growing. You'll never "plateau", which means your body will never get used to the routines, making improvements slow down or even stop. P90X uses short training cycles to constantly challenge your muscles with variety and intensity while maximizing fat burning and muscle sculpting in different ways every day.

Packages: 10 for \$200 **Call for Scheduling**