



xtreme fitness
"Never Doubt"

December "Xtreme News #2" 2009

(second part)

Xtreme Fitness DECEMBER Group Exercise Schedule

SPECIAL HOLIDAY SCHEDULE beginning the week of 12/21/09

**Come and workout with our guest instructors from
CALIFORNIA AND CHICAGO**

(See instructor bios below)

Monday, December 21st - 5:00-6:00am E.S.T., 6:15-7:15pm Cardio Circuits, 7:00-7:30pm Zumba

7:45-8:45 pm - ***Pilates with Kaita Lepore*** - An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. It teaches body awareness, good posture and easy, graceful movement. Pilates improves flexibility, agility and economy of motion. It can even help alleviate back pain.

Tuesday, December 22nd - 3:45-4:45pm Zumba & X Definition

5:45-6:45pm - ***Butts and Gutts Xtreme with Ellen Meloy*** - Same butts and gutts class with new and improved bootylicious moves and core strengthening exercises inspired by Equinox Fitness. Come experience the class everyone is talking about!

7:00-7:15pm Intro to Hot Yoga, 7:15-8:30pm Hot Yoga

Wednesday, December 23rd - 5:00-6:00am KickFIT

3:45-4:45pm - ***Cardio Strength Revolution taught by Ellen Meloy and Maria Kasdagly*** - Come join us for this new style! This class is divided into two segments: everything below the waist and everything above the waist. In addition, some cardio intervals to get the heart rate pumping!

6:15-7:00pm Strength Circuits, 7:00-7:30pm Zumba, 7:30-8:00pm X Definition

Thursday, December 24th (Christmas Eve)

8:00-9:30am - ***The "INSANITY" Christmas Eve Workout taught by Kris Thomas***

Friday, December 25th (Christmas Day) - NO CLASSES

Saturday December 26th

8:45-10:30 am - ***Hollidazzle Xtreme Workout taught by Ellen Meloy and Maria Kasdagly*** - Come workout off those Christmas cookies in the Hollidazzle Xtreme Workout. Zumba (30 min), KickFit Max (15 min), EST (30 min), and Butts and Gutts Xtreme (20 min). Get ready to have fun, burn calories, and as always feel the Xtreme burn!

Sunday December 27th 4:30-5:15pm - Hot Yoga (Note there will be NO 3:30-4:00 Mother/Child Zumba)

Monday December 28th – Wednesday December 30th – All December Scheduled Xtreme Classes

Thursday, December 31st – New Years Eve

8:30-9:45am - *The “INSANITY” New Years Eve Workout taught by Kris Thomas*

Friday Jan 1st – 6:00-7:00pm - *Maria’s FAREWELL WORKOUT* – Come and join us for Maria’s last workout with Xtreme! Maria will be heading off to Colorado for Graduate school the next day (on the 2nd). She will be ***XTREMELY MISSED!!! Farwell Workout Format*** - 45 min zumba class along with 30 min EST and maybe 30 minutes of yoga – an all encompassing class!!!

Saturday, Jan 2nd – 8:15-10:00am Xtreme Saturday Morning Workout

Sunday, Jan 3rd – There will be no classes on the 3rd!

***A NEW CLASS SCHEDULE WILL BEGIN ON MONDAY JANUARY 4TH!**

MEET OUR GUEST INSTRUCTORS ...



KAITA LEPORE

Kaita Lepore is a Pilates, Yoga and Dance instructor in Santa Barbara, CA. In addition to her degree in Dance and Psychology from the University of Wisconsin-Stevens Point, she holds a full Pilates certification through Body Arts and Science International and personal training certifications through NASM and ACSM. In her free time, she enjoys cooking (and eating), dancing, and going to the beach! She is currently director of Integrity Pilates at the Santa Barbara Athletic Club.



ELLEN MELOY

Ellen Meloy is a Rochester native who's passion for exercise began with gymnastics and dance lessons at JLDS, at the age of 4. She continued dancing, and also participated in varsity athletics in high school through college as well. She attended St. Mary's University in Winona, MN where she has a B.A. in Psychology. Upon graduation, Ellen spent over a year traveling, volunteering and working overseas in Cambodia and SE Asia. She continued traveling and ended up in the Mediterranean, where she spent several months teaching water aerobics at a resort in Greece. After traveling Ellen returned to the states and moved to Chicago to pursue a master's degree in Counseling Psychology. She currently teaches at Equinox clubs in the Chicago area and hopes to incorporate her love of fitness into therapy, and holistic services.