



# Exercise by DVD Classes

Instructor led Group Ex classes coming soon!

Like us on Facebook where we will post the schedule of classes: Facebook.com/StansRC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12:30PM</b> Billy’s BootCamp	<b>10:00AM</b> Elle Workout Yoga (Lengthening & toning)	<b>10:00AM</b> Core Pilates	<b>10:00AM</b> Elle Workout Yoga (Cardio)	<b>10:00AM</b> The Firm Bootcamp Maximum Calorie Burn	<b>10:00AM</b> Pilates	<b>10:30AM</b> The Firm Weight Loss System
<b>2:30PM</b> Jillian Michaels for Beginners (backside)	<b>12:00PM</b> Jillian Michaels for Beginners (backside)	<b>12:00PM</b> Billy’s Bootcamp Cardio Inferno	<b>12:00PM</b> Dancing with the Stars Fat-Burning Cardio Dance	<b>12:00PM</b> Jillian Michaels for Beginners (backside)	<b>12:00PM</b> Billy’s Bootcamp Cardio Inferno	<b>1:00PM</b> Dancing with the Stars Fat-Burning Cardio Dance
	<b>2:30PM</b> The Firm Bootcamp Max Calorie Burn	<b>2:30PM</b> The Firm Ultimate Fat Burning Workout	<b>2:30PM</b> Pilates Plus	<b>2:30PM</b> Pilates Plus	<b>2:30PM</b> The Firm Ultimate Fat Burning Workout	
	<b>5:30PM</b> Dancing with the Stars Fat-Burning Cardio Dance	<b>5:30PM</b> Pilates-Based Abs, Buns and Thighs	<b>5:30PM</b> The Firm Weight Loss System	<b>5:30PM</b> Dancing with the Stars Fat-Burning Cardio Dance	<b>5:30PM</b> ELLE Workout Yoga (Cardio)	
	<b>7:00PM</b> The Firm Weight Loss System	<b>7:00PM</b> ELLE Workout Yoga (Cardio)	<b>7:00PM</b> Billy’s Bootcamp Cardio Inferno	<b>7:00PM</b> The Firm Weight Loss System	<b>7:00PM</b> Pilates Plus	
	<b>9:00PM</b> Pilates	<b>9:00PM</b> Dancing with the Stars Fat-Burning Cardio Dance	<b>9:00PM</b> Core Pilates	<b>9:00PM</b> ELLE Workout Yoga (lengthening and toning)		

## DVD descriptions and run time

Run Time	DVD Title	Description
52 minutes	Billy’s Bootcamp Cardio Inferno	“Cardio Inferno” will test your cardiovascular willpower like never before. With brand new moves and his motivational guidance, Billy takes you to the next level in cardio fitness. Not only will you feel the fire, but you will burn calories, sweat, get your heart pumping and shed those pounds-fast!
43 minutes	Core Pilates	The ultimate Pilates workout for strengthening the entire body.
50 minutes	Dancing with the Stars Fat-Burning Cardio Dance (no partner needed!)	Mambo Mix (15 minutes), Hollywood Jazz (15 minutes), Hustle & Pop (15 minutes), Cooldown (5 minutes).
45 minutes	ELLE Workout Yoga (2 DVD set)	Lengthening and toning (20 minutes), Cardio yoga (25 minutes)
54 minutes	Jillian Michaels for Beginners (backside)	This beginners workout targets your back, buns, hamstrings, and biceps through six fun and easy circuits of cardio and strength training certain to burn calories and get you toned.
41 minutes	Pilates	Strength and flexibility are the focus.
42 minutes	Pilates-Based Abs, Buns and Thighs Workout	2 easy-to-learn workouts to increase endurance and burn more calories, flatten and firm your stomach, tone and sculpt your buns and thighs.
62 minutes	Pilates Plus	The complete Pilates workout for stomach toning and muscle conditioning.
52 minutes	The Firm Bootcamp Maximum Calorie Burn	An effective, fat-burning workout that combines bootcamp training with cardio drills. As you jump, hop, squat and lunge your way through this high-energy workout, you’ll build muscle, speed and agility to see results faster than ever thought possible.
45 minutes	The Firm Ultimate Fat Burning Workout	Perfect mix of cardio and strength training as the cardio burns fat while strength training builds your muscles. Sculpt your arms, legs, back, chest and abs whilst toning your entire body with this exciting fun new workout.
50 minutes	The Firm Weight Loss System	Cardio Power Burst – Low impact cardio and sculpting.