



CAPITAL CLUB

*The capital Club
Group Exercise
Schedule*

The Capital Club is a comprehensive health and fitness center that includes male and female locker rooms, a well-balanced weight room supported by a variety of cardio equipment, yoga and aerobics classes ranging in intensity for all ages, personal training and a masseuse. The club also features a golf simulator and international squash courts. While here, relax in our lounge, dine in our restaurant or plan your next event in our elegant meeting facilities. Call or stop by to find out how to get a free one-week membership!

The wide range of equipment and facilities provide everything you need to stay healthy and fit. Our facilities include: Golf Simulator International Squash Courts Cybex Machines Large Body Master Cable System Multiple Cardio Rooms Hot Tubs and Sauna Male and Female Locker Rooms Our knowledgeable staff are always available to assist you with the equipment and answer all of your questions. Fitness Club

Hours

Monday-Friday 5:30 am – 9:00 pm
Saturday-Sunday 9:00 am – 4:00 pm

Yoga concentrates on increased flexibility, muscle strength and tone, improves respiration, energy and vitality while maintaining a balanced metabolism. Yoga can also help in weight reduction, Cardio and circulatory health, improved athletic performance.

And protect from injury.

Spin is Indoor cycling class that focuses on endurance, strength, intervals, high intensity and recovery that involves using a special stationary exercise bicycle. Some of the Many Benefits of Spinning® Class, Burning Calories, Improving Cardiovascular Health, Progress at Your Own Pace, Enjoy an Effective, Low Impact Workout.

Boot-camp is a type of group physical training program designed to build strength and fitness through a variety of intense group intervals over a 1-hour period of time.

Step Aerobics class utilizing an elevated platform to imitate walking up and down stairs while following a sequence of choreography. The platform can be raised higher or lower to increase the intensity of the workout. Step is a high intensity cardiovascular



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May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Cardio</i> 12-1	2 <i>Spin & Yoga</i> 12-1	3 <i>Boot-Camp</i> 12-1 <i>Kickboxing</i> 5:30-6:15	4 <i>Step & Spin</i> 12-1	5 <i>Yoga</i> 12-1	6
7	8 <i>Cardio</i> 12-1	9 <i>Spin & Yoga</i> 12-1	10 <i>Boot-Camp</i> 12-1 <i>Kickboxing</i> 5:30-6:15	11 <i>Step & Spin</i> 12-1	12 <i>Yoga</i> 12-1	13
14	15 <i>Cardio</i> 12-1	16 <i>Spin & Yoga</i> 12-1	17 <i>Boot-Camp</i> 12-1 <i>Kickboxing</i> 5:30-6:15	18 <i>Step & Spin</i> 12-1	19 <i>Yoga</i> 12-1	20
21	22 <i>Cardio</i> 12-1	23 <i>Spin & Yoga</i> 12-1	24 <i>Boot-Camp</i> 12-1 <i>Kickboxing</i> 5:30-6:15	25 <i>Step & Spin</i> 12-1	26 <i>Yoga</i> 12-1	27
28	29 <i>Closed for</i> <i>Memorial</i> <i>Holiday</i>	30 <i>Spin & Yoga</i> 12-1	31			