

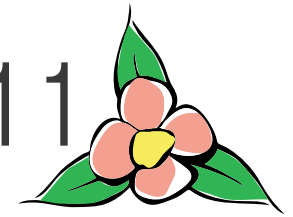


# FALL FITNESS SESSION

## SEPTEMBER 6 - October 29, 2011

(TUESDAY)

**\* 8 WEEK SESSION \***



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10:00-11:00am</b> Intervals w/Alyce	<b>9:00-10:00am</b> Basic Yoga w/Liz	<b>9:00-10:00am</b> ZUMBA w/Sheryl	<b>NEW</b> <b>10:00-11:00am</b> Intervals w/Alyce		<b>8:45 - 9:45am</b> Fit Yoga w/Meaghan
<b>6:40-7:40pm</b> Fit Yoga w/Meaghan	<b>6:45-7:15pm</b> Cardio Xpress w/Sheryl	<b>6:40-7:40pm</b> Pilates w/Eva	<b>6:45-7:15pm</b> Cardio Xpress w/Sheryl		<b>9:45 - 10:45am</b> ZUMBA w/Sheryl
<b>7:45-8:45pm</b> ZUMBA w/Sheryl	<b>7:30-8:30pm</b> Chisel Sculpt w/Sheryl	<b>7:45-8:45pm</b> ZUMBA FIT w/Sheryl	<b>7:30-8:30pm</b> Chisel Sculpt w/Sheryl		IF ANY CLASS DOES NOT MEET THE ENROLLMENT REQUIREMENT IT IS SUBJECT TO CANCELLATION

**FOR YOUR SAFETY AND THAT OF OTHERS: YOU MUST WEAR CLEAN GYM SHOES- YOU MUST CARRY YOUR CLEAN SHOES IN & CHANGE THEM INSIDE THE BUILDING- DO NOT WEAR THEM OUTSIDE**

**ZUMBA:** A Latin inspired dance utilizing the principles of fitness interval training to maximize the burning of calories, fat, and total body toning. Mixing body sculpting movements with easy-to-follow dance steps that make a "FUN AND ADDICTIVE WAY OF WORKING OUT"! "Zumba can help you SHIMMY off the pounds!"

**ZUMBA FIT INCORPORATES WEIGHTS INTO YOUR WORKOUT TO INCREASE MUSCLE DEFINITION!**

**FIT YOGA:** A beginning form of power Yoga. This class will focus on fundamentals of sun salutation, breathing, relaxation, flexibility, & strength. As class progresses, the intensity will increase.

**INTERVALS:** This class will alternate a variety of cardio work with muscle conditioning. CARDIO intervals may include hi/lo impact &/or step. Muscle conditioning will include use of hand weights, body bars, &/or resistance tubing. Class will conclude with core work designed to improve strength, stability, & flexibility.

**CARDIO XPRESS:** Running out of time for exercise? No excuses. This is a 30 minute mix of cardio, floor, step, & or box aerobics. This class will keep your heart pumping the whole time through! An hour work out in half the time!

**PILATES:** "Using the mind to control muscles." Pilates is a class that focuses on the core muscles & provides balance & strength to the spine. This class will structure your breathing & alignment & strength of your back by strengthening your torso muscles, helping to alleviate back pain. This class is a great core strength builder & tummy toner.

**BASIC YOGA:** A class for beginners. Designed for a student to form a foundation of breathing, flexibility, strength, and meditation techniques. Yoga is used for both health & relaxation purposes by building self strength & posture.

**CHISEL SCULPT:** Work with a certified personal trainer to sculpt & define your total body. You will feel muscles you never knew you had! This intense workout focuses on light weights & high reps using weights & tubing. Increase strength & improve your definition while working on your muscular endurance.

**NO MEMBERSHIP NECESSARY**

Equipment Provided

Certified Instructors

Pro-Rating Available

Mix & Match Classes

Limited class space available

**ABSOLUTELY NO RETURNS, REFUNDS, EXCHANGES, OR TRANSFERS**

**CLASSES SUBJECT TO CHANGE & LIMITED SPACE AVAILABLE**

## PRICING

Package Prices based on this 8 week session ONLY

### PACKAGE #1

8 Classes for **\$65**

### PACKAGE #2

16 Classes for **\$85**

### PACKAGE #3

Unlimited Classes for **\$110**

60 min. walk-in=\$10

30 min. walk-in=\$5

**PRICES FOR THIS SESSION ONLY**

**ALL CLASSES MUST BE USED WITHIN THIS 8 WEEK SESSION- UNUSED CLASSES DO NOT TRANSFER TO THE NEXT SESSION**