



Group Fitness 2008

SPRING SESSION #1

5-Week session starts April 14th!

PRE-REGISTRATION BEGINS MONDAY, APRIL 7, 2008

Monday:	“Hatha Yoga” with Catherine <i>Traditional Yoga for enrichment of the mind, body, and soul</i>	12:15 – 1:00pm
	“Burn & Firm” with Catherine <i>Get ready to WORK! Fun and intense fat-burning cardio workout with muscle conditioning</i>	5:30 – 6:45pm
Tuesday:	“Lunchtime Pilates” with Anna	12:15 – 1:00pm
	“Hatha Yoga” with Bill <i>Traditional Yoga for enrichment of mind, body, & soul</i>	5:30 – 6:30pm
Wednesday:	“Abs Blast with Sam <i>30-minute core training</i>	12:15 – 12:45pm
	Kung-Fu “Claw Fist” Training with Grand Master Stephen Key <i>Gain fitness & flexibility with this martial arts training class</i>	5:30 – 6:45pm
Thursday:	“Lunchtime Pilates” with Anna	12:15 – 1:00pm
	“Body Sculpt Circuit” with Catherine <i>Get that hard body! Total body conditioning followed by Restorative/Meditative Yoga</i>	5:30 – 6:30pm
Friday:	“Power Yoga with Amanda <i>Flow yoga based on the flowing style of Vinyasa: challenge and revitalize yourself</i>	5:45 – 7:00 pm
Saturday:	“Cardio Sculpt” with Catherine <i>A combo class bringing together cardio, muscle conditioning, and mat work</i>	12:15 – 1:15pm
	“Hatha Yoga” with Catherine <i>Traditional Yoga for enrichment of mind, body, & soul</i>	4:00 – 5:00pm



MAKE IT BURN!

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