



# Group Fitness '08



## Summertime! SESSION #1

### 4-Week session starts July 7th!

**PRE-REGISTRATION BEGINS MONDAY, June 30, 2008**



**ANNOUNCING!! DISCOUNT FOR MULTIPLE CLASSES!**

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



# MAKE IT BURN!

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