

Summer Group Fitness 2010

SESSION #1



JOIN GROUP FITNESS!!

4-Week session 6/28/10 – 7/24/10

One 4-week class \$20.00 for MEMBERS (DISCOUNTS FOR MULTIPLE CLASSES)

Monday:	“Core and More” with Catherine <i>Strengthen lower back & define abs with challenging core exercises. Revive, relax, & improve flexibility with restorative yoga.</i>	12:15 – 1:00pm
	“Burn ‘N 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 <i>Body – Mind – Strength -Balance with emphasis on core training</i>	12:15 – 1:00pm
Wednesday:	“Abs Blast” with Sam <i>30-minute core training</i>	12:15 – 12:45pm
Thursday:	“Lunchtime Pilates” with Anna <i>Body – Mind – Strength -Balance with emphasis on core training</i>	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
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



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