

SUMMER SERIES 2010

Get Fit Outside

M/W

10-11 AM

\$80

8 Classes

Energize your workout with play as we take our fitness OUTDOORS. Locations vary as we progress from simple to more complex movements using natural terrain. More (& more fun!) than boot camp. A powerful way to maximize your training.

Hip Hop

T

7:30-8:30 PM

\$89

12 Classes

Kickboxing

T

6:30-7:30 PM

\$69

8 Classes

Power Pump

T/Th

5:30-6:30 PM

\$94

16 Classes

Pump for
Weight Loss

T/Th
Saturday

5:30-6:30 PM
9:30-10:30 AM

\$124

24 Classes

* Salsa I 7/8-8/26

Th

7:30-8:45

\$74

8 Classes

*7/8-8/26 Only * Not available as drop-in after 3rd class meeting without instructor approval.*

Spinning

T/Th

5:30-6:30 PM

\$94

16 Classes

Spin for
Weight Loss

T/Th
Saturday

6:30-7:30 PM
8:30-9:30 AM

\$124

24 Classes

Yoga Basics

Sat

10 AM - 11 AM

\$64

6 Classes

Happy Heart Yoga

Tu

6:30-7:45pm

\$69

8 Classes

Power Yoga

T

6:30-7:30pm

\$69

8 Classes

ZUMBA !

Th

6:30-7:30 PM

\$69

8 Classes

All classes must be taken consecutively. No makeups or extensions.