

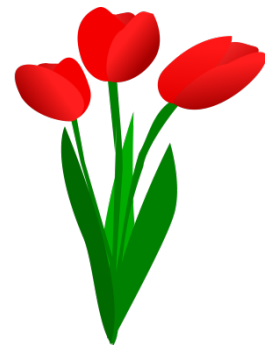
Spring at last!



GROUP FITNESS SCHEDULE!

ALL CLASSES ARE FREE FOR MEMBERS!!!!!!

Monday:	“Core and More” with Catherine 12:15 – 1:00pm <i>Strengthen lower back & define abs with challenging core exercises. Revive, relax, & improve flexibility with restorative yoga.</i>
	“Burn ‘N Firm” with Catherine 5:30 – 6:45pm <i>Get ready to WORK! Fun and intense fat-burning cardio workout with muscle conditioning</i>
Tuesday:	“Core Fusion” with Bill 5:30 – 6:30pm <i>Healthy wellness hybrid including extreme abs, core development, power-strength, & stability</i>
Wednesday:	“30-minute Abs Blast” with Sam 12:15 – 12:45
Thursday:	“Body Sculpt Circuit” with Catherine 5:30 – 6:30pm <i>Get that hard body! Total body conditioning followed by Restorative/Meditative Yoga</i>
Saturday:	“Cardio Sculpt” with Catherine 12:15 – 1:15pm <i>A combo class bringing together cardio, muscle conditioning, and mat work ALL</i>
	“Hatha Yoga” with Catherine 4:00 – 5:00pm <i>Traditional Yoga for enrichment of mind, body, & soul</i>



785 Albany St., 4th Floor, Boston, MA 02118 TEL: 617-534-5822
Website: www.southendfitness.org