

*Sizzle this Spring!*

# GROUP FITNESS SPRING SCHEDULE

*3/25/19 – 6/22/19*

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

<b>Monday:</b>	<b>“Core and More” with Catherine</b> <i>Strengthen lower back &amp; define abs with challenging core exercises. Revive, relax, &amp; improve flexibility with restorative yoga.</i>	<b>12:15 – 1:00pm</b>
	<b>“Burn ‘N 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>“Core Fusion” with Bill</b> <i>Healthy wellness hybrid including extreme abs, core development, power-strength, &amp; stability</i>	<b>5:30 – 6:30pm</b>
<b>Wednesday:</b>	<b>“30-minute Abs Blast” with Sam</b>	<b>12:15 – 12:45</b>
<b>Thursday:</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>Saturday:</b>	<b>“Cardio Sculpt” with Catherine</b> <i>A combo class bringing together cardio, muscle conditioning, and mat work ALL</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>



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