

Stay FIT this Fall!

Join GROUP FITNESS! FALL SCHEDULE

9/23/19 – 12/21/19

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

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:	“Core Fusion” with Bill <i>Healthy wellness hybrid including extreme abs, core development, power-strength, & stability</i>	5:30 – 6:30pm
Wednesday:	“30-minute Abs Blast” with Sam	12:15 – 12:45
Thursday:	“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 ALL</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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**SOUTH END
FITNESS CENTER**



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