



## SESSION #1

***6-Week session 9/21/15 – 10/31/15***

**PRE-REGISTRATION BEGINS NOW!**

**One 6-week class \$30.00 for MEMBERS (DISCOUNTS FOR MULTIPLE CLASSES)**

**Monday: “Core and More” with Catherine 12:15 – 1:00pm**

*Strengthen lower back & define abs with challenging core exercises.  
Revive, relax, & improve flexibility with restorative yoga.*

**“Burn ‘N Firm” with Catherine**

**5:30 – 6:45pm**

*Get ready to WORK! Fun and intense fat-burning cardio workout with muscle conditioning*

**Tuesday: “Core Fusion” with Bill**

**5:30 – 6:30pm**

*Healthy wellness hybrid including extreme abs, core development, power-strength & stability*

**Wednesday: “30-minute Abs Blast” with Sam**

**12:15 – 12:45pm**

**Thursday: “Body Sculpt Circuit” with Catherine**

**5:30 – 6:30pm**

*Get that hard body! Total body conditioning followed by Restorative/ Meditative Yoga*

**Saturday: “Cardio Sculpt” with Catherine**

**12:15 – 1:15pm**

*A combo class bringing together cardio, muscle conditioning, and mat work*

**“Hatha Yoga” with Catherine**

**4:00 – 5:00pm**

*Traditional Yoga for enrichment of mind, body, & soul*



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