



SESSION #1

6-Week session 9/21/15 – 10/31/15

PRE-REGISTRATION BEGINS NOW!

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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