



## SESSION #2

***5-Week Session: 11/15/15 – 12/19/15***

**PRE-REGISTRATION BEGINS NOW!**

**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 – 12:45pm</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>



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