



## 2012 Group Training Schedule

*\$10 Per Person / Per Class - To Reserve, Call Ext. #64772*

### Yoga

Tense tired muscles melt into inner strength. Namaste.

6:30 AM Tuesday, Thursday, & Sunday

6:30 PM Monday, Friday, & Sunday

### CIRCUIT TRAINING

Total-body, boot-camp style, sweat-a-thon.

4:00 PM Everyday

6:30 AM Saturday

### Strength Training

Get Toned. Get Sculpted. Get Strong.

9:00 AM Monday, Wednesday, & Friday

6:30 PM Tuesday, Thursday, & Saturday

### CORE Training

Smooth your stomach, slim your center, and uncover your abs.

6:30 AM Monday, Wednesday, & Friday

9:00 AM Tuesday, Thursday, Saturday, & Sunday

6:30 PM Wednesday