



# EXERCISE CLASS

## HERE ARE EXERCISE CLASSES

### ALL ROUND **day** EXERCISE CLASSES

#### Total body workout

TIMES: 9:15 to 10:15 am ... Monday – Wednesday – Friday morning  
FROM LARGE TO SMALL EVERYONE CAN WORK WITH THE BALL.  
WE USE CARDIO MACHINES, WEIGHTS & STABILITY BALLS.

“Strength to cardio”

We work all your muscles in **balance**, all muscle groups are **activated**, primary & secondary  
We cover your **total** core with a strong core, we can reduce or even **eliminate** back problems

### ALL ROUND **night** EXERCISE CLASSES

#### Kickboxing cardio

TIMES: 5:30 to 6:15 pm...Monday – Wednesday – Friday evenings

It's a great way to build your cardio, flexibility, power & self-confidence

IT GIVES YOU THE **FREEDOM**, KNOWLEDGE, & **CONFIDENCE**  
TO GO OUT AND **ENJOY** YOUR LIFE.

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**You control** the weight you work with,  
**You control** how many reps you do, **You control** how fast & how hard you work  
& I'll help to **motivate** you

COME CHECK US OUT, A CLASS OR TWO IS ALWAYS **“FREE”**