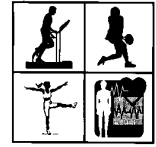




WELLFIT EXPRESS

March Fitness Classes



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:30pm- B&B	2 10:30- Circuit Express* 7pm-Core	3 7 pm- Band Tight	4	5 6:30m Cardio Circuit	6
7 9 am Cardio Circuit	8 5:30pm- B&B	9 10:30- Circuit Express* 7 pm- Bender Pilates	10 7 pm-Intro to Kettle- bells	11	12 6:30 pm- Cardio Circuit	13 *Circuit Express 10:30 am
14 10 am – Kid’s Fit Class—for 7-12 year olds	15 5:30pm- B&B	16 10:30- Circuit Express* 7pm-Core	17 7 pm- Band Tight	18	19 6:30 pm- Cardio Circuit	20 *Circuit Express 10:30 am
21 9am Cardio Circuit	22 5:30pm- B&B	23 10:30- Circuit Express* 7 pm- Bender Pilates	24 7 pm-Intro to Kettle- bells	25	26 6:30 pm- Cardio Circuit	27 *Circuit Express 10:30 am
28 10 am – Kid’s Fit Class—for 7-12 year olds	29 5:30pm- B&B	30 10:30- Circuit Express* 7 pm- Bender Pilates	31 7 pm- Band Tight			

Experience the FUN and MOTIVATION of a Group Workout !

*Workshops are taught by our highly educated
Exercise Specialists in the Fitness Center*

Workshop Descriptions

B & B

Using "B" equipment and/ or "B" body parts, you will work on toning and strengthening your BODY. Each week, the "B's" mean something different.

Band Tight

Strengthen and tone your ENTIRE BODY using resistance bands.

Bender Pilates

30 Minute Introduction to Pilates using the Bender Ball

Circuit Express

Enjoy a 45 minute TOTAL Body Fat BURNING, muscle toning, belly-busting workout.
\$2 per person fee per class.

Core Workout

Every movement is dependent upon the core for stability, power, balance and strength. This class focuses on developing CORE AWARENESS.

Cardio Circuit

Try this FUN 30 minute circuit using the Cybex resistance machines and cardio stations. Experience a non-stop weight training aerobic workout.

RUN

Join Pete and your fellow members as they take advantage of the great weather to train using hills, speed, intervals, and many other techniques designed to make running more fun and efficient. See Pete for more information – Beginner to advanced levels.