



WELLFIT EXPRESS

Brodheads ville, PA

Fitness Workshops

January 2010

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>See Class Descriptions on Page 2</p> <p><i>* \$2 per person fee for Circuit Express Classes</i></p>						<p>1</p> <p>10am RUN</p> <p>6pm Cardio Circuit</p>	<p>2</p> <p>* 10:30am Circuit Express</p>
<p>3</p> <p>9am Cardio Circuit</p>	<p>4</p> <p>10am RUN</p> <p>5:30pm B & B</p>	<p>5</p> <p>* 10:30am Circuit Express</p> <p>7pm CORE</p>	<p>6</p> <p>7pm Band Tight</p>	<p>7</p>	<p>8</p> <p>10am RUN</p> <p>6pm Cardio Circuit</p>	<p>9</p> <p>* 10:30am Circuit Express</p>	
<p>10</p>	<p>11</p> <p>10am RUN</p> <p>5:30pm B & B</p>	<p>12</p> <p>* 10:30am Circuit Express</p> <p>7pm CORE</p>	<p>13</p> <p>7pm Intro to Kettle Bells</p>	<p>14</p>	<p>15</p> <p>10am RUN</p> <p>6pm Cardio Circuit</p>	<p>16</p> <p>* 10:30am Circuit Express</p>	
<p>17</p> <p>9am Cardio Circuit</p>	<p>18</p> <p>10am RUN</p> <p>5:30pm B & B</p>	<p>19</p> <p>* 10:30am Circuit Express</p> <p>7pm CORE</p>	<p>20</p> <p>7pm Band Tight</p>	<p>21</p>	<p>22</p> <p>10am RUN</p> <p>6pm Cardio Circuit</p>	<p>23</p> <p>* 10:30am Circuit Express</p>	
<p>24</p> <p>31</p> <p>9am Cardio Circuit</p>	<p>25</p> <p>10am RUN</p> <p>5:30pm B & B</p>	<p>26</p> <p>* 10:30am Circuit Express</p> <p>7pm CORE</p>	<p>27</p> <p>7pm Intro to Kettle Bells</p>	<p>28</p>	<p>29</p> <p>10am RUN</p> <p>6pm Cardio Circuit</p>	<p>30</p> <p>* 10:30am Circuit Express</p>	

All Workshops Instructed by Educated and Certified Fitness Trainers
Classes subject to change or cancel without prior notice.

*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.