SUMMER FITNESS PLUS *
May 5 – Aug. 16, 2014

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<td></td>
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<td>6:45-7:30am Group Cycle</td>
<td>12:05-12:50pm Sculpt &amp; Tone</td>
<td>12:05-12:50pm Sculpt &amp; Tone</td>
<td>10:00-10:50am Kardio Kick</td>
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<td>Studio 2 MEGAN</td>
<td>Studio 1 DEB</td>
<td>Studio 1 DEB</td>
<td>Studio 1 CHRISTINE</td>
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<td>12:05-12:50pm Cycle Express</td>
<td>12:05-12:50pm Sculpt &amp; Tone</td>
<td>11:00-11:30am Abs Blast</td>
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<td>Studio 2 Jackie</td>
<td>Studio 2 DEB</td>
<td>Studio 1 LUCIE</td>
<td>Studio 1 CHRISTINE</td>
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<td>4:30-5:20pm Sculpt &amp; Abs Blast</td>
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<td>Studio 1 LUCIE</td>
<td>Studio 1 JANET</td>
<td>*All classes are first-come, first-served at the studio door! You must show your student or membership card with the valid Summer Fitness Plus sticker. NO EXCEPTIONS!!</td>
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PROGRAM DETAILS:
1) *Early-bird price: $120 before April 30, 2014. $140 After April 30, 2014*
2) *All classes are first-come, first-served at the studio door! You must show your student or membership card with the valid Summer Fitness Plus sticker.*
3) *NO card, NO sticker, NO CLASS! NO EXCEPTIONS!!*
4) *For everyone’s safety and enjoyment, class sizes are limited to 32 in a group fitness class and 23 in a group cycle.*
5) *All classes/instructors are subject to change or to be cancelled without notice.*

Check for up-to-date schedules. [www.gogaelsgo.com](http://www.gogaelsgo.com)

Class Descriptions

**Abs Blast:** A great abs work out, this is just a 30 minute class concentrating only on stomach exercises. Lose your belly, get a 6 pack!

**Cycle Express:** This all-level class packs it all in so that you have an efficient workout similar to the All-Terrain class, but the compact version!

**Group Cycle:** This all-level class mixes up strength & interval training to create a fun ride!

**Kardio Kick:** A great cardio sweat combining aerobics with boxing and kickboxing jabs, jacks, kicks, skipping and more.

**Sculpt & AB Blast:** Work your muscular endurance & strength conditioning with hand weights and bands for a full body workout. Finish it off with an “abs only” blast!

**Sculpt and Tone:** Use of hand weights, bands, or body weight will increase your strength & endurance while flexibility work keeps you balanced.