



SUMMER FITNESS PLUS *

May 5 – Aug. 16, 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:45-7:30am Group Cycle Studio 2 MEGAN			
12:05-12:50pm Sculpt & Tone Studio 1 LUCIE	12:05-12:50pm Cycle Express Studio 2 DEB	12:05-12:50pm Sculpt & Tone Studio 1 JACKIE	12:05-12:50pm Cycle Express Studio 2 DEB	12:05-12:50pm Sculpt & Tone Studio 1 LUCIE	10:00-10:50am Kardio Kick Studio 1 CHRISTINE
					11:00-11:30am Abs Blast Studio 1 CHRISTINE
	4:30-5:20pm Sculpt & Abs Blast Studio 1 LUCIE		4:30-5:20pm Sculpt & Abs Blast Studio 1 JANET	<i>*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!!</i>	

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

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.