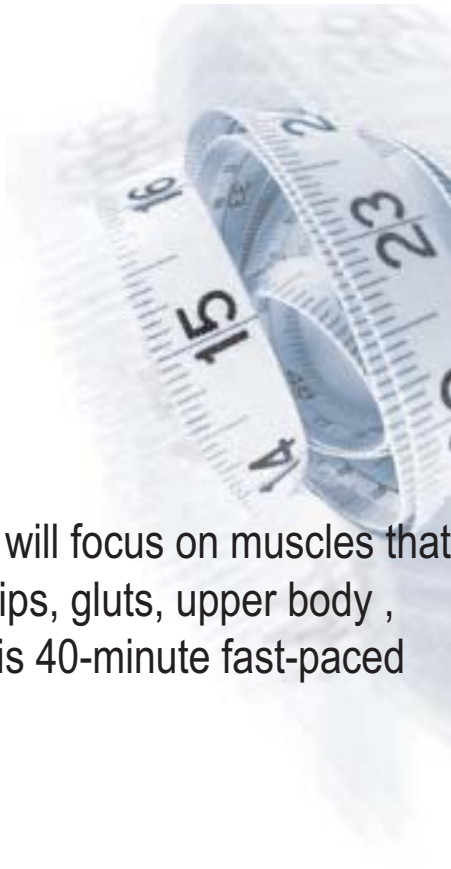


40-Minute Blast Butts, Guts & Arms



This newly-added class will focus on muscles that shape your abdomen, hips, gluts, upper body , shoulder and arms in this 40-minute fast-paced workout!

Fee: \$50 (rdr \$35)

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
601718 A	2/26 – 4/2	Th	7:35 – 8:05 pm
601718 B	4/16 – 5/21	Th	7:35 – 8:05 pm

Instructor: Peggy Karkula



This is an interval class which incorporates cardio and strength training. The class is designed to get results in both speed and endurance, while tightening and toning the entire body, in an inspiring, motivating group environment.

The workouts will have heart-pumping cardio drills for functional conditioning, amidst muscle conditioning exercises. Some of the drills may remind a few of their glory days, or just memories of recess as a kid. I.e., suicide runs, relay races, virtual tire runs, etc.

The strength training part of the class will be high repetition, low weight exercises, to tone, strengthen and lengthen the muscles in all the major muscle groups.

Equipment needed for a class like this is at minimum, hand weights, step platforms, stability balls, mats, mirrors, and elastic bands.

Additional equipment that would be utilized:

Medicine balls, benches (for step ups, mountain climbers, modified pushups) hurdles, half circle balance trainers, large basketball or tennis court padded body bars, and bikes.

With the variety of exercises that a class like this has to offer, one can expect a different workout with each experience. An assessment of the class takers will help me determine to which intensity the class should escalate. Modifications and options are always available for the less or more fit class takers.

Fee: \$65 (rdr \$50)

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
604619 A	2/28 – 4/4	Sa	8-9 am
604619 B	4/18 – 5/23	Sa	8-9 am

Instructor: Julie Spadafora