

Fall 2008 Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Time 11:45am-12:15pm		Toning		Toning	
Lunch Time 12:15pm-12:45pm	Rock Bottom	Toning (12:20pm-12:50pm)	Core Stability	Toning (12:20pm-12:50pm)	
After Work 4:45pm-5:45pm	Boot Camp		Boot Camp		

Class Description

Boot Camp is a one hour moderate intensity program that will focus on strength improvement, muscular endurance, flexibility and moderate cardio fitness. Instructor, Bill Ramsey, Army Master Fitness Trainer/King's College ROTC.

Pride Points: 5

Core Stability This class incorporates the stability ball to strengthen the lower back and abdominals, a.k.a. your "core". Instructor, Jenine Finnarelli, Wilkes-Barre Family YMCA.

Pride Points: 5

Rock Bottom This quick lower body strengthening class is just what you need to help you slim down your mid section, butt and thighs. Instructor from the Wilkes-Barre Family YMCA.

Pride Points: 5

Toning a total body strengthening class targeting arms, shoulders, back, legs and abs using a variety of resistance equipment, in 30 short minutes. Instructor, Joan Angelli, Wilkes-Barre Family YMCA.

Pride Points: 5

Pricing

Thirteen-Week Sessions

Toning \$40.00
Core Stability \$20.00
Rock Bottom \$20.00

Eight-Week Session

Boot Camp \$30.00

**Classes Begin Week of
September 8**

Packages

Package #1 Take TWO fitness classes and receive a \$5.00 discount off the fall session

Package #2 Take THREE fitness classes and receive a \$10.00 discount off the fall session

Package #3 Take FOUR fitness classes and receive a \$15.00 discount off

