



# Wellness-Fitness

## L Street Fitness Center December 2010- Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 a.m.	Cycle (45 min)				
7:00 a.m.		Kickboxing (45 min)	Step (45 min)	Circuit Training (45 min)	
7:15 a.m.	Power Sculpt (30 min)				
7:45 a.m.		Abs (15 min)		Abs (15 min)	
Noon	Cycle (45 min)	Zumba Dance (45 min)	Yoga (60 min)	Tight -N- Tone (45 min)	Abs (15 min)
12:15 p.m.					Kick-n-Spar (45 min)
12:45 p.m.	Abs (15 min)	Abs (15 min)		Abs (15 min)	
2:00 p.m.			Step Express (30 min)	Cycle (45 min)	
5:00 p.m.	Cycle (45 min)	Mat Pilates (45 min)	Cardio Kickboxing (45 min)	Zumba Dance (45 min)	
5:45 p.m.				Abs (15 min)	

**NOTES:**

**Specialty Class: PLYO**, 60 minutes of an energetic fusion of Pilates & Yoga practice. It's a total body workout that focuses on strength, balance, and relaxation. Come on Tuesday December 21, 2010 from 12:00 p.m.-1:00 p.m. for a great workout.

**Fitness incentive programs:** 12 Days of Fitness: December 1<sup>st</sup>-31<sup>st</sup>.

