

# So.Be.Fit. Class Schedule Fall/Winter 2011 Be.Strong. Be.Present. Be.Your.Best.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am							
9am						<b>Pilates Fusion (Jenny)</b>  <i>45 minutes</i>	
9:30am							
5:00pm			<b>Pilates Fusion (Jenny)</b>  <i>45 minutes</i>				
6pm	<b>So.Be.Sculpt (Laura)</b>  <i>45minutes</i>		<b>Sweat Therapy (Nate)</b>  <i>45 minutes</i>	<b>KickBoxing+Abs (Nate)</b>  <b>45 minutes</b>			
7pm		<b>Bootcamp Circuit (Jenny)</b>  60 minutes	<b>Ballet Barre (Katie)</b>  60 minutes				

## **So.Be.Fit Class Descriptions Fall/Winter 2011**

### **Ballet Barre-**

Ballet Barre class is specially designed to challenge your core strength, posture, and flexibility. Combining the correct technique and consistency creates an opportunity to slim your physique while strengthening and lengthening your body. The class is 60 minutes. Suggested attire is anything similar to a yoga or pilates class.

### **So.Be.Sculpt.-**

Laura's sculpt class will provide you with a full body toning workout using various equipment such as Body Bars, bands, Kettlebells and medicine balls. This workout will keep your body guessing and progressing!

### **BootCamp-**

Want to get fit the "old school" way? This workout brings you all of the classics that are so effective in toning and firming your muscles and leave you feeling pumped and strong.

### **BootCamp Circuit-**

Love variety and challenge in your workouts? Then this one is for you! This class is designed with several timed strength stations with cardio intervals in between. You will feel the burn!

### **Pilates Fusion-**

So.Be. Pilates adds a twist to the traditional style in that it adds light weight work, balance and postural strength exercises. You will leave this class standing tall!

### **Sweat Therapy-**

Anything goes workout! This full body workout includes cardio, strength, core and calorie blasting moves! Get ready to get your heart rate up with a fun, challenging and effective workout!

