

Fonthill Fitness

AUGUST 2012 SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SPIN 9:30—10:15AM	ULTIMATE ABS OR BOX FIT 9:30 — 10:15AM	SPIN 9:30—10:15AM	ULTIMATE ABS 9:30—10:15AM	BEGIN TO SPIN 8:45—9:15AM	SPIN 8:30—9:30
	INSTRUCTORS CHOICE TONING 10:30 - 11:30 AM	BEGIN TO SPIN 5:15—5:45PM			SPIN 9:30—10:15	ZUMBA 10:00-11:00AM
		SPIN 6:00—6:45PM	BODY SCULPT 5:00—5:45			
		ZUMBA 7:00—8:00PM	SPIN 6:00—6:45PM			
	YOGA 7:30—8:30PM		YOGA 7:00—8:00PM	ZUMBA 8:15—9:15PM	ZUMBA GOLD 7:00—8:00PM	

BODY SCULPT

Start chiseling your muscles in a class that incorporates weights, plyometrics, core strength exercises and body weight resistance to strengthen and tone your entire body.

SPIN

Pedal your way through an indoor cycling class that will sculpt your muscles and generate a serious sweat. You control the intensity as you are lead through a mix of drills, hills, and sprints. **Begin to Spin** is for the new Spinners!

ULTIMATE ABS

Get the abs you have always wanted! These classes will help you lose inches around your waist and help tone your abs.

YOGA

Stretch and relax your muscles while working on your core in this hour long class.

ZUMBA

A dance-inspired cardio workout that infuses Latin rhythms with easy to follow moves for everyone. Come and join the fitness party! Zumba Gold is a low impact, great for beginners!

More classes Coming in September

