



Studio A Group Fitness - 2011

CLASS BEGINS	MON	TUE	WED	THU	FRI	SAT
8:45 AM	ZUMBA JACKIE	POWERSCULPT KERRI	KICKBOX LIBBY	POWERSCULPT KERRI	JULY 15 NUTRITION	
9:30 AM					ZUMBA JACKIE	ZUMBA JACKIE
↑ AM CLASSES			↓ PM CLASSES			
5:00 PM				ZUMBA JACKIE		
6:00 PM	ADVANCED STRENGTH AND CONDITIONING KERRI	ZUMBA MARILYN	CARDIO DANCE LIBBY	CARDIO DANCE MARILYN		
7:00 PM	ZUMBA JACKIE	ZUMBA JACKIE	POWERSCULPT LIBBY	YOGA MARILYN		

jacksonvillefl@anytimefitness.com

SPIN		6:00 PM	6:00 PM	6:00 PM		
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CLASS DESCRIPTIONS

ADVANCED STRENGTH & CONDITIONING - One hour intense Strength Training...NO CHOREOGRAPHY

CARDIO - One hour interval cardiovascular exercises to burn calories and help you lose weight.

CARDIO DANCE - High intensity dance classes, all types of dances!

KICKBOXING - One hour of hardcore Kickboxing - the perfect workout!

POWERSCULPT - Ready to work those muscles? We'll use free weights and cardio for a total body workout!

STEP - A choreographed workout to include total body workout!

YOGA - Stress reducing techniques and exercise, learning to control the breath, clear the mind, and relax the body

ZUMBA - This international high energy dance class will give you the cardio you are looking for!

ANYTIME FITNESS

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