

CARDIOFIT - BODYSCULPTING - HIP HOP - MARTIALARTS - ZUMBA

**FREE AND OPEN
TO ALL FREDONIA
STUDENTS.**

AEROBIC CENTER 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00 PM Cardio FIT Beginners to Advanced Kathy	4:00 PM Rock Hard Arms & ABSolutely ABS Kathy	4:00 PM Cardio FIT Beginners to Advanced Kathy	4:00 PM Lower Body Sculpt & ABSolutely ABS Kathy	4:00 PM Body Sculpting Allison
5:00 PM Body Sculpting Allison	5:00 PM Body Sculpting Katie	5:00 PM Body Sculpting Allison	5:00 PM Body Sculpting Katie	5:00PM Hip Hop & Ultimate ABS Sara
6:00 PM Hip Hop Workout Sara	6:00 PM Mixed Martial Arts Rob	6:00 PM Hip Hop Workout Sara	6:00 PM Mixed Martial Arts Rob	NO PRIOR REGISTRATION REQUIRED. TAKE ANY CLASS! CALL 673-3121 TO SIGN-UP Opens at 3:45PM
7:00 PM Zumba Aziza	7:00 PM CardioDance Lauren	7:00 PM Zumba Aziza	7:00 PM CardioDance Lauren	

CLASS DESCRIPTION

Body Sculpting: Resistance training to rhythm ...The ultimate in muscular endurance.

Cardiofit: For beginners to advanced. Designed to keep you moving & sculpt your body!

Mixed Martial Arts: For beginners to more advanced. Designed to give you an introduction to basic boxing, Brazilian Jiu Jitsu and Mui Thai skills.

Zumba: A combination of Latin dance and belly dancing. The fun energetic routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone while burning fat. The class is laid back & designed for all ages and dance levels.

Hip Hop Workout: A fun, upbeat way to get fit! Learn fat burning dance combinations to popular songs. Build muscle and increase coordination, while dancing with your friends!

CardioDance: For those with little to no dance experience. You will learn how to become in tune with your body by stretching, working out and learning dance combinations. This is a great way to become fit and have fun at the same time!

Located in the lower level of Hemingway Hall