

## Group Exercise Schedule August 2010



**9502 Chamberlayne Road  
Mechanicsville, Virginia 23116**

SUN	MON	TUES	WED	THURS	FRI	SAT
1 4pm Off The Wall Yoga/ Chris	2 5pm Yoga Fusion/ Leah  6:30pm Zumba/ Debbie	3 6pm Cardio Sculpt/ Darlene	4 6pm Sculpt & Abs/ Darlene  7pm Yoga Fusion/ Leah	5 6pm Cardio Sculpt / Leah  7pm Off The Wall Yoga/ Leah	6 <b>*New Friday morning classes start August 13th</b>	7 <b>8am Cardio Sculpt/ Cancelled due to DCAC Fitness Conference</b>  9am Yoga Fusion/ Gaynell
8 4pm Off The Wall Yoga- Beaming/ Leah	9 5pm Yoga Fusion/ Leah  6:30pm Zumba/ Debbie	10 6pm Cardio Sculpt/ Gloria	11 6pm Sculpt & Abs / Leah  7pm Yoga Fusion/ Bonniejean	12 6pm Cardio Sculpt / Debbie  7pm Off The Wall Yoga/ Leah	13 6am Bootcamp/ Leah  9am Step & Sculpt/ Leah	14 8am Cardio Sculpt/ Leah  9am Yoga Fusion/ Leah
15 4pm Off The Wall Yoga- Beaming/ Leah	16 5pm Yoga Fusion/ Leah  6:30pm Zumba/ Debbie	17 6pm Cardio Sculpt/ Darlene	18 6pm Sculpt & Abs / Darlene  7pm Yoga Fusion/ Leah	19 6pm Cardio Sculpt / Gloria  7pm Off The Wall Yoga/ Leah	20 6am Bootcamp/ Leah  9am Step & Sculpt/ Leah	21 8am Cardio Sculpt/ Leah  9am Yoga Fusion/ Chris
22 4pm Off The Wall Yoga- Beaming/ Leah	23 5pm Yoga Fusion/ Leah  6:30pm Zumba/ Debbie	24 6pm Cardio Sculpt/ Chris	25 6pm Sculpt & Abs / Debbie  7pm Yoga Fusion/ Leah	26 6pm Cardio Sculpt / Leah  7pm Off The Wall Yoga/ Leah	27 6am Bootcamp/ Leah  9am Step & Sculpt/ Leah	28 8am Cardio Sculpt/ Leah  9am Yoga Fusion/ Anissa
29 4pm Off The Wall Yoga/ Chris	30 5pm Yoga Fusion/ Leah  6:30pm Zumba/ Debbie	31 6pm Cardio Sculpt/ Gloria				

### CLASS DESCRIPTIONS

**Body Sculpt:** Sculpt, tone and chisel your muscles using Tubes, body bars, kettle bells and the weight of your own body. All levels welcome.

**Cardio Sculpt:** Low impact cardio movement combined with strength training intervals. Burn Fat & Build Muscle all in one class! All levels welcome.

**Off The Wall Yoga:** Deepen your yoga postures using the wall for support and balance. ( Please attend Yoga Fusion class 3 or more times before you participate in Off The Wall.) 😊

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LeahHuskFitness  
Group Exercise / Personal Training

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**Yoga Fusion:** A great combination of Flow movement, core strengthening and stretching. All levels welcome

**Zumba:** A fun, energizing Latin dance aerobic workout using a fusion of Latin and International music. The class will tone and sculpt your body. No dance experience necessary.

### **CLASS PRICING**

\$10 Drop In

\$36 for 4 classes (Enjoy for 30 days)

\$64 for 8 classes (Enjoy for 45 days)

\$84 for 12 classes (Enjoy for 60 days)