

## 2012 Fitness Schedule

### MONDAY

9:00-9:45am Zumba (Childcare provided)  
11:30-12:15pm Pilates (Childcare provided)  
5:30-6:30pm Cardio Kick, Step & Tone

### TUESDAY

9:00-9:45am Zumba (Childcare provided)  
11:30-12:15pm Total Tone (Childcare provided)

### WEDNESDAY

9:00-9:45am Zumba (Childcare provided)  
11:30-12:15pm Pilates (Childcare provided)  
5:30-6:30pm Cardio Kick, Step & Tone

### THURSDAY

11:30-12:15pm Jump (Childcare provided)  
5:30-6:30pm Zumba

### SATURDAY

8:00-9:00 Cardio Kick, Step & Tone  
9:00-9:45 Zumba

Classes are subject to  
change without notice

## \* CLASS DESCRIPTIONS \*

### Pilates

Focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. In particular, Pilates exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles.

### Cardio Kick, Step & Tone

A combination of cardio kickboxing, aerobics and ab, arm and leg toning. A high energy, calorie burning workout!

### Zumba

Latest fitness craze to take the world by storm. Move your body to the sizzling, salsa, cha cha, and meringue. Burn 500-700 calories. Sculpt and tone your body in this high energy fat blasting party! Ditch the workout join the fun. No dance experience needed and join anytime.

### Jump

Challenge yourself beyond traditional strength training with this advanced, total body functional strength training class. We will challenge your muscular endurance as well as balance and coordination by moving through all planes of motion with multi-joint and compound exercises

### Total Tone

Tone your every muscle while including cardio burst of energy for this total body workout. This 45 minute workout will incorporate weights, stability ball agility and balance.

### Pole-rcize

6 week sessions - go to [firstcitypolercize.com](http://firstcitypolercize.com) to see schedule.

## Class Pricing

### Fitness Classes

\$30 per month/Class

\$40 per month unlimited classes

Fitness Pass - \$5.00 per class