



***Fitness is a Battle! Welcome to the Front line!***

Group Fitness Schedule Jan – Feb 2010

**066 9790680 or Info@afitbody.ie**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30am						Brick Session
10am		Spin	Yoga	Tone & Sculpt		
1.15pm	Express Circuit		Express Circuit			
5pm	Kids Martial Arts		Kids Capoeira			
6pm	Spin	Spinercise	Rebounding	Power Circuit	Spinercise	
7pm	Power Circuit	Latinoaerobics	Spin			
7.30pm				Yoga		
8pm	Pole Fitness		Pole Improvers			
<b>Spin</b>	An Excellent cardiovascular Workout. Challenging and Improving your Heart & lungs as well as leg endurance and Strength. One of the most effective fat burning classes! Get Fit & Lean and have Fun Doing it!					
<b>Spinercise</b>	Combine a 30 Min Fat Burning Spin Session with 30 Boxercise Session. Boxercise is an excellent stress Buster and has amazing sculpting & toning results. Burn Fat, Sculpt Muscles, be a Stronger, leaner you!					
<b>Power Circuit</b>	A complete weights Class. This is the fastest way to change your body shape! This workout challenges every muscle group. Work at your own weight level to tone or build. Let the Music & movements inspire you to get the results you came for and fast!					
<b>Rebounding</b>	A non Impact Aerobics class using Mini Trampolines. This class reduces your body fat, firms your legs, thighs, abdomen, arms, and hips. It increases your agility, improves your sense of balance & strengthens your muscles over all. An Excellent tool to help eliminate or avoid cellulite. This class rejuvenates the body. Have Fun Bouncing your way Fit, toned and cellulite free!					
<b>Express Circuit</b>	This is an intense 30 Minute Express toning class. Are you caught for time to fit in your exercise regime? Well let us help you achieve a toned and happier you with two 30 minute circuit classes per week. Leave your "I Don't have time" at the door					
<b>Pole Fitness</b>	What can we say? Want to sculpt, tone, increase strength and flexibility? Pole Fitness is one of the best Workouts I have ever had! Improve overall Muscle tone, cardio Fitness and upper body strength and have some serious fun doing it!					
<b>Brick Session</b>	This morning Session is geared to help people train for upcoming Duathlon or Triathlon races, but can be used as an excellent cardio Training session. Combining Disciplines of running and cycling help achieve a fitter more toned. Be a stronger faster you.					