



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL INTO FITNESS

## Class Demo Week

### Oct. 16 – Oct. 20

**It's totally FREE!!**

**Try it – if you like it..... Sign up for Fall II Classes  
Fall II Class Session 10/23/17 – 12/17/17**

**COME JOIN THE FUN & DO SOMETHING WONDERFUL FOR YOURSELF!**

#### **Monday 10/16/17**

- 4:30 - 5:30pm **STRENGTH TRAIN TOGETHER Sample** – Large Studio with Carolyn Kimmel
- 6:30-7:30pm **TABATA** – Functional Fitness Area on the new XLAB with Todd McEachin

#### **Tuesday 10/17/17**

- 4:40-5:40pm **ADVANCED ALTHETIC TRAINING** – Large Studio with JJ Brandt
- 6:00-6:30pm **HIGH INTENSITY TRAINING** – Functional Fitness Area with Lisa Caporale

#### **Wednesday 10/18/17 (Meet the Westside TRAINER DAY! See separate schedule)**

- 9:30-10:15am **CYCLE POWER RIDE** – Near front door with Laura Alexa
- 7:00-7:45pm **POUND** – Large Studio with Karen Barnett

#### **Thursday 10/19/17**

- 5:45-6:45am **FAST & FURIOUS** – Large Studio with Anna Kaschner
- 10:00-11:00am **YOGA FLOW** – Small Studio with Meena Park

#### **Friday 10/20/17**

- 6:00-6:30am **HIGH INTENSITY TRAINING** – Functional Fitness Area – w/ Megan Hammes
- 10:30-11:00am **CORE** – large Studio with Patty Sanchez