



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Meet the Westside Personal Trainers Wednesday Oct. 18, 2017

Visit our Trainer Table
At the Rockwall Area.

7:00am-
8:00am Laura Alexa
 John Helrigel

8:30-9:30 Patty Sanchez
 Tom Lantzy

4:00pm-
7:00pm Ron Collins
 Crystal Kinney
 Joana Kupe

It's totally FREE!!

**Workout Tips
Blood Pressure Checks
Body Fat & BMI measured
Healthy Treats**

Come Check out our classes

9:30-10:15am Power Ride with Laura

More than just a Group Cycle Class – the POWER ride involves burst of high intensity intervals all too classic POWER music that's sure to keep you motivated to go the extra mile. New Fall II session classes starts on 10/23 – get your feet on the pedals and give it a try. Led by personal trainer Laura Alexa.

7:00pm -7:45pm POUND with Karen

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique all while rocking out to your favorite music!

Full Demo Class schedule available at the Welcome Center for Fall into Fitness Week 10/17/17-10/20/17