

Beaman Center • Summer Group Fitness Schedule

• Classes begin June 2, 2008 •

| Time | Monday | Tuesday | Wednesday | Thursday |
|---------|---------------------|--------------------------|------------------------|-------------------------|
| 6:15am | | Pilates Allison S | | Step Interval Ginger |
| | | | | |
| 12:00pm | 20/20/20 Angie H | Core Secrets Caroline | Cardio Tone Angie B | Beaman Xpress Mandy |
| | | | | |
| 5:00pm | Pilates Kim | | Spin & Abs* Maria | Yoga Sue |
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*Space is limited. Please sign up 24 hours in advance by calling the ACD at 460-6313.

Class Descriptions

- 20/20/20: Join us for this popular class that combines 20 minutes of cardio moves that get your heart thumping, 20 minutes of sculpting moves that tone your body, and 20 minutes of relaxing stretch that leaves you rested after a great workout.
- Pilates: Flexible strength-Pilates mat combines stretching and Pilates moves to develop core strength and tone all of the muscles in your body.
- Cardio Tone: This class combines basic step moves and creative toning drills that keep you on your toes throughout the entire class.
- Core Secrets: Unlock the secrets to a stronger, sleeker core. This class uses the stability ball to take your fitness routine to challenging heights.
- Spin & Abs: A self-paced class led by an energetic instructor that will give you a great cardiovascular workout with no impact! This course is specifically designed for beginners new to indoor cycling, but will also give veterans a great workout!
- Step Interval: Focus on total body conditioning as you combine STEP aerobics and strength training moves that tone your entire physique.
- Beaman Xpress: Weight training in a snap! Build a better body with this sculpting class that uses body bars and the latest moves in strength training.
- Yoga: Breathe deep and unwind your day in this deep stretching and strengthening class. **This class is a private class only. More information can be obtained at the ACD.**

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