



# SPRING 2012



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*Freshen up your strength routine  
with a brand new workout!*

*New music, new moves,  
RENEWED inspiration.*

**Launch Dates: April 21-24th**

See schedule on other side of page for class days/times.

**ZUMBA WITH ANGIE**  
**TUESDAY/THURSDAY 10:30AM**  
**6 WEEKS BEGINNING APRIL 3<sup>RD</sup>**



*Zumba fuses hypnotic Latin rhythms and  
easy to follow moves to create a dynamic  
workout system that will blow you away.  
Zumba Fanatics achieve long term benefits  
while experiencing an absolute blast in one  
exhilarating hour of caloric-burning, heart-  
racing, muscle-pumping, body-energizing,  
awe-inspiring movements meant to engage  
and captivate for life!*



## POT O' GOLD



The Pot O Gold Challenge is in full swing!  
Keep earning your stickers! We'll have our drawing and  
celebrate all you've done very soon!

### **FINALE PARTY**

**Friday, April 27<sup>th</sup> ~6:30PM**

**Light food & refreshments provided!**

NOTE: One person from your team must be present in order to be  
eligible for the drawing.

**MODERATE CYCLE with Brad**  
**Monday/Wednesday/Friday 6-6:45am**

If you are new to cycling, this is the place for  
you! This class can work well for new cyclers  
and folks who are not ready for the highest in-  
tensity classes. Work at your own pace in a  
supportive environment and reach your fitness  
goals! No sign up required.

