

# *Worcester* **FITNESS**

## GROUP EXERCISE

| Sunday                                      | Monday  | Tuesday  | Wednesday  | Thursday                                       | Friday   | Saturday |
|---|---|--|--|--|--|----------|
|   | 05:45AM-06:30AM<br>Cardio Max!<br><i>with Tresann</i> |  | 05:45AM-06:30AM<br>Boot Camp<br>& Muscle<br>Endurance<br><i>with Tresann</i>                                 |  | 05:45AM-06:30AM<br>Instructor's<br>Choice<br><i>with Tresann</i> |          |
|   | 12:00PM-12:45PM<br>Yoga<br><i>with Mary Beth</i>      | 12:00PM-12:45PM<br>Fit Boxing<br><i>with Rick</i>  | 12:00PM-12:45PM<br>Cardio Overdrive<br><i>with Tina</i>  | 12:00PM-12:45PM<br>Zumba<br><i>with Myriam</i> |  |          |
|   | 06:30PM – 07:30PM<br>Yoga<br><i>with Steve</i>        | 06:00PM-07:00PM<br>YOGALATES!<br><i>with Chris</i> | 05:30PM-06:30PM<br>Boot Camp<br><i>with Tracy</i><br><br>06:30PM – 07:30PM<br>ZUMBA<br><i>With Elizabeth</i> |  |  |          |
| Worcester Fitness at Saint Vincent Hospital |   |  |  |  |  |          |

Group Exercise is a fun and exciting way to get into the best shape of your life!

At Worcester Fitness, Group Exercise is more than just a name, it's a true fitness philosophy.

You will see incredible results, support and encouragement as a Group Exercise fanatic!

(\$ add program fee

See front desk for details. august132010