

# Body Zone Fitness Classes

Time to start planning those New Year's Resolutions. Try out our NEW classes offered in the NEW YEAR!!!



## Fit For Youth

**STARTS January 5<sup>th</sup>, 2012**

Fit For Youth is a new program Body Zone Fitness is launching to help teenagers between the ages of 14 – 18 become more aware of their health. The class will consist of diet awareness, cardiovascular endurance and strength training – all specific for teenagers.

Day: Thursday

Time: 6:30pm

Duration: 45 minutes

## Small Group Training

Small Group Training involves 3 – 5 participants. Each class consists of specific training based on the needs and goals of the clients in the group. HIT, Kick Boxing, Plyometrics and Strength Training will be incorporated into the program to keep your muscles engaged and working.

\*Email: [info@bodyzonefitness.ca](mailto:info@bodyzonefitness.ca) for specific rates and times.

## Strong Body GroupFit

**STARTS January 4<sup>th</sup>, 2012**

Strong Body GroupFit starts up again in JANUARY!!! Come out and join us at our INDOOR & OUTDOOR locations.

Days: Mon – Wed – Fri

Time: 6am – 9:15am – 6pm

Duration: 45 minutes

## A\*\* Kicking Abs Class

**STARTS January 10<sup>th</sup>, 2012**

A\*\* Kickin Abs 8 Week Program focusing on core and back strengthening while shedding fat with a mixture of cardio intervals.

Day: Tuesday

Time: 7:30pm

Duration: 45 minutes

