FITNESS CLASSES

2016

Child care is provided for the 9:00 am classes!
One -on-one private lessons and discounts are also available.

Are you ready to get fit?

Instructor Anita Neveu can help you reach your fitness goals with Cross Training, Karate and Zumba classes.
For information call (917)-407-3937

MONDAY:
9:00~10:00 AM Cross Training
10:00~11:00 AM Baby and Me Fitness
(bring stroller & carrier)
5:00~6:00 PM Cross Training

TUESDAY:
4:00~5:00 PM Youth Karate (ages 3&4)
4:00~6:00 PM Youth Karate (ages 5&older)

WEDNESDAY:
9:00~10:00 AM Cross Training
10:00~11:00 AM ZUMBA
5:00~6:00 PM Cross Training

ZUMBA® fitness

THURDSAY:
4:00~5:15 PM Youth Karate (ages 3&4)
4:00~6:00 PM Youth Karate (ages 5&up)

FRIDAY:
9:00~10:00 AM Cross Training
10:00~11:00 AM Baby and Me Fitness
(bring stroller & carrier)
5:00~6:00 PM Cross Training

FEES:
$10 Per Class
OR
$35 per month for 1 class weekly
$60 per month for 2 classes per week
$80 per month for 3 classes per week
CHILD CARE
9AM Class $2.00 per child.

The Benefits of Exercise Are Numerous!

Prevents Cognitive Decline, Increases Relaxation, Improves Self Confidence, Boosts Happy Chemicals in the body, Reduces Stress, Helps Maintain or Lose Weight, Enhances Mobility, Flexibility, and Balance, Improves Your Ability To Get A Night of Restful Sleep.

Group Exercise is FUN!

It offers a variety of benefits you might miss out on if you choose to work out on your own. Expose yourself to a social and fun environment, a safe and effectively designed workout, consistent schedule and bonus points to your self esteem for participating!

Bring Your Baby!

Child care is offered for the 9:00 a.m. classes!
Baby and Me Fitness class is designed with parents in mind!
Be sure to bring your stroller and baby carrier!