



# ADULT FITNESS PROGRAMS

An Option for Every Level of Fitness

## LEVITTOWN SCHEDULE SUMMER 2010

- \* Class times subject to change
- \* Please **call ahead** to schedule your class

### Fundamentals

- For those trying to make exercise a habit & be healthier
- Class is delivered at a moderate pace

### Fitness

- For those looking to work out regularly to increase muscle-mass, reduce body fat & improve their physique

### Performance

- For serious adult athletes looking to improve their strength, conditioning, speed & agility for sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM
6:00am	7:00am	6:00am	7:00am	6:00am	8:00am
8:00am	8:00am	8:00am	8:00am	7:00am	10:00am
10:00am	10:00am	10:00am	10:00am	8:00am	11:00am
12:15pm 45 minute "Power Lunch"		12:15pm 45 minute "Power Lunch"		10:00am	
				12:15pm 45 minute "Power Lunch"	

PM	PM	PM	PM	PM	PM
6:00pm	4:00pm	6:00pm	4:00pm		
7:00pm			5:00pm		
			6:00pm		
			7:00pm		

**One-on-One  
Nutritional  
Counseling Is Now  
Available.**

**Ask About  
Scheduling a  
FREE Consultation!**

**Refer a Friend and Get a  
\$25 Sports Authority Gift Card!**