

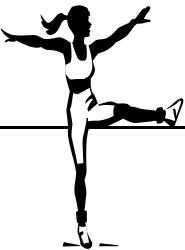



5331 W. 135th Street, Crestwood
708.371.4810



Winter / Spring 2010 Group Exercise Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pump It Up! 10:00—11:15 A.M. Diana		Pump It Up! 10:00—11:15 A.M. Diana			Cardio Kickboxing 10:00—11:15 A.M. Diana
	Pump It Up! 6:30—7:45 P.M. Diana		Pump It Up! 6:30—7:45 P.M. Diana		Schedule is effective thru May 29, 2010
	USE YOUR PUNCH CARD FOR ALL OF THESE CLASSES				

Exercise Punch Card

EPC CARD PRICES

Residents

20 Classes \$100.00

Non-Residents

20 Classes \$120.00

All cards expire 1 year from the date of purchase. Unused punches are non refundable and non transferable.

Pump It Up!

A whole body weight training and exercise class. Lose weight by building and toning your muscles while still having fun to great music. You will increase strength, muscle and bone density. This class will show you many ways to sculpt your abs and buns. The best part is that there is no jumping.

Instructor: Diana Esparza

Cardio Kickboxing

We dare you to try this class. Come lose weight, meet new friends, and have lots of fun. This class will show you many ways to sculpt your arms, abs and buns. Lets step it up to kickboxing and watch the pounds melt away.

Instructor: Diana Esparza



- Schedule is subject to change without notice.
- *The CRWC may cancel a class with a consistent attendance of less than 5 participants.*

Effective thru May 29, 2010

Purchase
An EPC Card
AND
Start Today!