

# Group FIT Classes

**Spring 09: Session 1 Schedule  
Begins Monday, February 2<sup>nd</sup>  
and ends Friday, March 13<sup>th</sup>**

**No classes March 13th—March 22nd**

**No Fee. No registration necessary.  
Show up and enjoy.**

## **Mondays**

**Bodysculpt** 4:45-5:35 pm 229 Kirby Sports Center  
**Meltdown** 5:45-6:30 pm 229 Kirby Sports Center

## **Tuesdays**

**Pilates** 8:00-9:00 am 136 Kirby Sports Center  
**Kickboxing** 4:45-5:35 pm 136 Kirby Sports Center  
**Zumba\*** 7:00-8:00 pm 136 Kirby Sports Center  
*Tuesday Zumba will be offered for Session 1 ONLY*

## **Wednesdays**

**Meltdown** 4:45-5:35 pm 136 Kirby Sports Center  
**Bodysculpt** 5:45-6:45 pm 136 Kirby Sports Center

## **Thursdays**

**Impact Kickboxing** 4:45- 5:35 pm 136 Kirby Sports  
**Spin Cycling** 4:45-5:30 pm 138 Kirby Sports  
**Zumba** 5:45-6:45 pm 229 Kirby Sports

## **Sundays**

**Spin Cycling** 4:00-5:00 pm 138 Kirby Sports Center

**Questions? Call 610-330-5776**

**CLASS DESCRIPTIONS and INSTRUCTORS  
listed on reverse side**

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**Zumba** Latin Cardio Party!!! Interval cardio and resistance training all set to an irresistible Latin beat. Maximize caloric burning, fat burning and total body toning while having fun exercising. Ending with an awesome abs workout. \*Co-sponsored by Office of Intercultural Development

**Instructor: Traci Swanson**

**Pilates** This unique mind/body class focuses on conditioning the "powerhouse" muscles of your body's core using special movements designed to create good posture and a strong, fit physique.

**Instructor: Pheobe Fennell**

**Dynamic Kickboxing** Bored with traditional and regular exercise routines? Join us for a butt-kicking, sweat-pouring, bag-slamming, aggression-releasing, power-punching, workout - for the raging kickboxer deep inside you. Taught by 3<sup>rd</sup> and 4<sup>th</sup> degree black belts.

**Instructor: Monica Fuhrmann**

**Meltdown (HiLo)** This high intensity Jazzercise class is a cardio-pumping, fat-melting workout. Jazzercise-It's not what you think. Try it., you'll see.

**Instructor: Karen Haduck**

**Bodysculpt** This toning class will rock your world, blasting every major muscle group. Dumbbells & tubing will be utilized to make your muscles scream.

**Instructor: Karen Haduck**

**Impact Kickboxing** Impact takes Kickboxing to a whole new, action-packed level using a free standing bag. Students punch, kick and perform basic combinations for an entire nonstop, super charged hour. Impact is the innovative evolution of shadow kickboxing developed for fitness enthusiasts on any skill level.

**Instructor: Debbie DeLillo DiCanto**

**Spin Cycling** This indoor cycling class will burn mega-calories while detonating your quads, hamstrings, calves and glutes. The intensity of this class will have you spinning.

**Instructor: Traci Swanson**

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