

Fitness Fit For You....

***New Fitness Classes at the BISD
Wellness Center**



Wellness Is Hot Stuff

Monday:

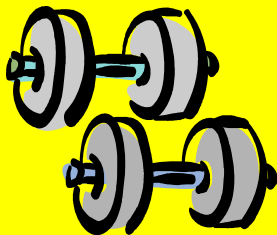
Abs & Core 5:30-6:00 PM & Circuit Training (Sams) 6:15-7:15

Tuesday:

Yoga 5:15-6:15 PM

Wednesday:

Abs & Core 5:30-6:00 PM & Circuit Training (Sams) 6:15 -7:15



Circuit Training

A combination of high-intensity aerobics, resistance training, and core strength through a series of exercise stations with brief rest intervals in between. This class is designed to target fat loss, muscular endurance, and aerobic conditioning by combining all three within one class session!



Yoga

Stretch it out....Yoga is a form of exercise that uses slow movements and stretching. Also helps with..

- Flexibility**
- Balance**
- Core Strength**
- Stress Relief**



Abs & Core

Work that core! This class will consist of abdominal and core exercises that target your whole body!

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Tuesday: Yoga 5:15-6:15 PM
Wednesday: Abs & Core 5:30-6:00 PM Circuit Training 6:15 –7:15