



## Group Fitness

Updated May 4<sup>th</sup>, 2012

### Monday

- 9:30 Spin
- 5:00 Larry's Total Fitness
- 7:45 Zumba w/Daun & Paul



### Tuesday

- 9:30 Tuff-Camp with Claudia
- 5:10 Tabata Intervals **New and Intense!**
- 6:00 Yoga **New!**
- 7:00 Tae Kwon Do\*\*

### Wednesday

- 9:00 Spin
- 10:00 Resistance Tuff-Camp
- 5:00 Zumba w/Claudia **New!**



### Thursday

- 9:30 Spin
- 5:00 **Atomic Step New!**  
(Odd weeks – max 13)  
**Spin**  
(Even weeks – max 11)
- 7:00 Tae Kwon Do\*\*



### Friday

- 9:30 Zumba Circuit w/Lorin
- 10:30 Stretching with Lorin **New!**



### Saturday

- 7:15 Fast and Furious with Devin **New!**

## Class Schedule

### Check this out!

**Want to save 10-14% on your electric bills? Ask about how easy it is to switch from PP&L to Ambit. It takes 5 minutes and costs nothing.**

Take advantage of our Member Appreciation Program. Visit our website at [www.209fit.com](http://www.209fit.com) or pick up a list in the lobby.

Got a Knot? Ask about our massage!  
**New Massage Therapist Sherri Lyons Now available.**

**WE APPRECIATE YOUR REFERRALS OF FRIENDS AND FAMILY MEMBERS! Ask for our FREE WORKOUT cards.**

### Check out our new classes being offered

### Check this out!

- Zumba
- Yoga
- Atomic Step
- Personal training by Krossfit
- Stretching
- Tabata Intervals



Proud Sponsors of the **2012 Pocono Challenge**

\*\*These classes are taught by private instructors and additional fees may apply. All other classes above are included in your membership with 209 Fitness. Instructors may vary. We do our best to run all classes, however, if a class is cancelled for any reason please use the rest of the facility for your workout. CLASS TIMES SUBJECT TO CHANGE WITHOUT NOTICE. Kids must be 16 or over to work out by themselves with a signed waiver by the parents/guardian.