

BOWLING GREEN FITNESS FOR WOMEN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM THE ZONE Susan	8:00 AM BACK TO BASICS Kaye	8:30 AM THE ZONE Susan	8:00 AM BACK TO BASICS Susan	8:30 AM THE ZONE Susan	9:00 AM AEROBIC CYCLING Ronnie
8:15 AM YOGA STRETCH Elaine		8:15 AM YOGA STRENGTH Elaine		8:15 AM YOGA- LATES Elaine	
	8:30 AM AEROBIC CYCLING Amy		8:30 AM AEROBIC CYCLING Amy		
	8:45 AM BODY SCULPT Kaye		8:45 AM BODY SCULPT Susan		
4:30 PM AEROBIC CYCLING Amy	5:00 PM THE ZONE Peggy	4:30 PM AERBOBIC CYCLING Amy	5:00 PM ZUMBA Abigail		
5:30 PM YOGA Amy	5:30 PM AEROBIC CYCLING Ronnie	5:30 PM YOGA Amy	5:30 PM AEROBIC CYCLING Ronnie	5:30 PM AEROBIC CYCLING Ronnie	

Bowling Green
Fitness for Women



simplifying **IT**
Classes

- The Zone
- Back To Basics
- Step and Pump
- Yoga
- Yoga Stretch
- Pilates
- Body Sculpt
- Cycling
- Super Class



Bowling Green
Fitness for Women

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Technology at work for you

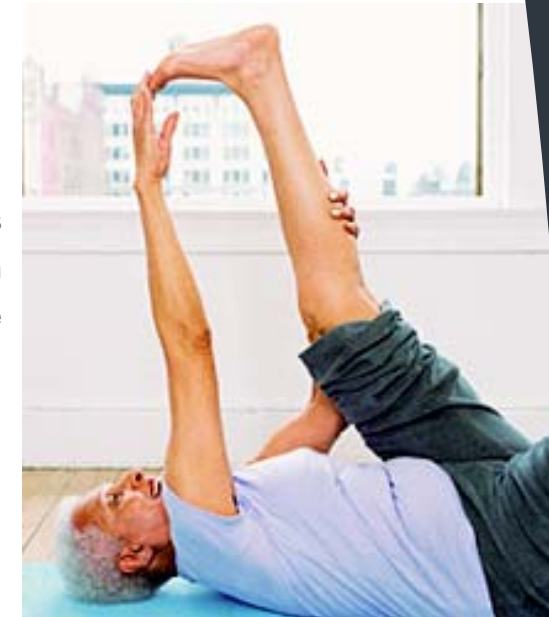
CONNECTING YOUR BUSINESS TO THE TECHNOLOGY RESOURCES YOU NEED

THE ZONE

This is a station-to-station work out comprised of exercises utilized in the form of the traditional class settings within step and/or athletic training categories. Come join Susan for the ride.

BACK TO BASICS

Have you always wanted to take aerobics but didn't know the moves? Come join Susan for this class that will teach you the fundamentals of our aerobics classes. Come get started or start over.



BODY SCUPLT

This forty minute work out brings the weight room to a traditional class setting. When you are serious about losing body fat, this is the class for you. Kaye, Amy, and Peggy teach this class at different times to best fit your needs.

convenient schedules for your personal needs

STEP AND PUMP

Three work outs in one!! This is a floor step routine and muscle conditioning all in one. Becca and Susan will get your blood pumpin'!

PILATES

Amy focus's on the fundamental poses and basic breathing techniques used in the Pilates method.

YOGA STRETCH

Unless you're one of those cheery morning people who hop out of bed with the sunrise, getting up is tough. Elaine has constructed this class to wake you up in a relaxing way to get you excited for your day.



SUPER CLASS

Three classes in one! Becca and Peggy will lead you through (Step 1) 45 minute session of Step Aerobics, (Step 2) 15 minutes of ABS (Step 3) 30 minutes of Body Sculpt. You can do 1,2,3, or all 3!

YOGA

The practice of any of the methods or disciplines prescribed, esp. a series of postures and breathing exercises practiced to achieve control of the body and mind, tranquillity, etc. Elaine, Stephanie, and Amy will provide the environment perfect for your relaxation.

CYCLING

Join us for this 45-minute regime that stimulates an outdoor cycling race performed through various terrains and at varying speeds. Ronnie, Amy and Mattie will help you rise to new heights in your health and fitness

OUR INSTRUCTORS

SUSAN

KAYE

ELAINE

BECCA

AMY

PEGGY

JILL