


Firm Foundation Health & Fitness Studio

March ~ (570) 828-7060

REFERRAL PROGRAM – Friend becomes a member, you earn \$25 Firm Dollars

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 *Power Drills/Circuits - Nicole 4:30 *PiYo - Lisette 5:30 Piloxing - Nicole 6:30 Zumba - Lisette	2 9:30 *Turbo Kick - Nicole 4:30 Spinergy - Alyssa 5:30 *Circuits - Nicole	3 9:30 *Spinergy/FleX - Julie 5:30 Cize - Lisette	4 9:30 Piloxing - Nicole	5 9:00 9:00 *FleX - Julie
7 9:30 Cize - Lisette 5:30 *Pound/Spinergy - Julie	8 9:30 *Power Drills/Circuits - Nicole 4:30 *PiYo - Lisette 5:30 Piloxing - Nicole 6:30 Zumba - Lisette	9 9:30 *Turbo Kick - Nicole 4:30 Spinergy - Alyssa 5:30 *Circuits - Nicole	10 9:30 Zumba – Lisette 5:30 Cize - Lisette	11 9:30 Piloxing - Nicole	12 9:00 *FleX - Julie
14 9:30 *PiYo - Lisette 5:30 *Pound/Spinergy - Julie	15 9:30 *Power Drills/Circuits - Nicole 4:30 *PiYo - Lisette 5:30 Piloxing - Nicole 6:30 Zumba - Lisette	16 9:30 *Turbo Kick - Nicole 4:30 Spinergy - Alyssa 5:30 *Circuits - Nicole	17 9:30 *Spinergy/FleX - Julie 5:30 Cize - Lisette	18 9:30 Piloxing - Nicole	19 9:00 *FleX - Julie
21 9:30 Cize - Lisette 5:30 *Pound/Spinergy - Julie	22 9:30 *Power Drills/Circuits - Nicole 4:30 *PiYo - Lisette 5:30 Piloxing - Nicole 6:30 Zumba - Lisette	23 9:30 *Turbo Kick - Nicole 4:30 Spinergy - Alyssa 5:30 *Circuits - Nicole	24 9:30 *Spinergy/FleX - Julie 5:30 Cize - Lisette	25 9:30 Piloxing - Nicole	26 9:00 *FleX - Julie
28 9:30 Piloxing - Nicole 5:30 *Pound/Spinergy - Julie LISETTE VACATION	29 9:30 *Power Drills/Circuits - Nicole 5:30 Piloxing - Nicole LISETTE VACATION	30 9:30 *Turbo Kick - Nicole 4:30 Spinergy - Alyssa 5:30 *Circuits - Nicole LISETTE VACATION	31 9:30 *Spinergy/FleX - Julie 5:30 *FleX - Julie LISETTE VACATION	4/1 9:30 Piloxing – Nicole LISETTE VACATION	4/2 9:00 *FleX - Julie LISETTE VACATION
FREE WEIGHTS or CYCLING AVAILABLE DURING CLASS TIMES EXCEPT DURING SPINERGY					
Classes \$10 ~ Childcare \$2/Child *Requires Mat 					

2 Hour Delay – Morning Classes Start @ 11.00 - If DV is Closed – We are Closed



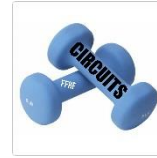
PILOXING

POUND
ROCKOUT. WORKOUT.

PIYO
LIVE

**Turbo
KICK**
LIVE!

cize
LIVE!



CLASS DESCRIPTIONS - MODIFICATIONS ARE ALWAYS AN OPTION!!

Zumba™ is an aerobic fitness program featuring movements inspired by various styles of Latin American dance.

***PiYo™ LIVE** combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

***POUND™** is a full body cardio jam session fusing Pilates, isometric movements, plyometric and isometric poses with constant stimulated drumming.

***Circuits** is body conditioning and resistance training using high-intensity aerobics.

***Turbo Kick™ LIVE** is mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

Piloxing™ uniquely blends the power, speed, and agility of boxing with exhilarating dance moves and targeted sculpting and flexibility of Pilates.

***Power Drills** is Tabata inspired with interval base models using a 20/10 session repeated 8 times.

***FleX** Pump up the volume in this awesome class utilizing barbells with light to medium weights. Get toned, get lean, and get fit...fast!

Spinergy is a total cycling PARTY ON WHEELS class that will have you cycling those calories off!!

Cize™ LIVE is professional dance for everyday people. This class breaks down professionally choreographed dance routines, step-by-step, so that *anyone* can dance! It's so fun, so thrilling, you'll forget you're actually working out!