



Spring Into Action - Clinics and Workshops

April 2016

 Clinic—
Member: FREE!
Non-member: \$10

 Workshop—
Member: \$10
Non-member: \$20

Please sign up 24 hrs
before scheduled time.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Arms in Ac- tion 1:00pm	2
3	4 Blooming Booties 1:00pm	5	6 Sexy Spring Legs 9:30am	7	8	9
10	11	12	13 Arms in Ac- tion 9:30am	14	15 Amp Up Abs 1:00pm	16
17	18 Sexy Spring Legs 1:00pm	19	20 Springtime Tabata 9:30am	21	22	23
24	25	26	27 Blooming Booties 9:30am	28	29 Springtime Tabata 1:00pm	30

Free Training

Amp Up Abs: This clinic will give you a great core exercise to get you ready for the beach. Traditional crunches are a thing of the past. Stabilization, abs and back exercises, and posture are keys to a great looking core. Don't forget about the nutrition side! You'll learn how nutrition is another important step in getting you swimsuit ready.

Cost - Members: FREE

Non-members: \$10

Arms in Action: Tank top season is approaching, and you're looking to "tighten up" your arm jiggle. Attend this clinic to learn how to use all different pieces of equipment for a spectacular arm workout that will have your arms toned and ready for the sun.

Cost - Members: FREE

Non-members: \$10

Blooming Booties: We all want to seem to perk up the behind. Attend this clinic where you will be taken through a short workout focused on lifting and firming the booty. When asked if you squat, you'll definitely be saying "YES!"

Cost - Members: FREE

Non-members: \$10

Springtime Tabata: Tabata is becoming popular, but what you may not realize is that it is similar to other effective cardio routines. Tabata is a form of HIIT training, and you can do tabata with ANY piece of equipment (not stuck on the treadmill).

Cost - Members: FREE

Non-members: \$10

Sexy Spring Legs: Get ready to expose those legs! Attend this clinic where you will learn various leg exercise to shape and tone your legs, great for those board shorts and nice summer dresses.

Cost - Members: FREE

Non-members: \$10

