



## GROUP FITNESS SCHEDULE

Effective August 15, 2010

### Monday

#### Studio Pilates Workout

With Apparatus  
by Appointment  
Only

6:30 PM  
JH Fitness  
Kettle Belto  
**NEW !**

### Tuesday

8:30 AM  
Abs, Arms &  
Brand New Booty

#### Studio Pilates Workout

With Apparatus  
by Appointment  
Only

### Wednesday

#### Studio Pilates Workout

With Apparatus  
by Appointment  
Only

6:00 PM  
JH Fitness  
Functional  
Flexibility  
**NEW !**

### Thursday

9:00 AM  
Abs, Arms &  
Brand New Booty

#### Studio Pilates Workout

With Apparatus  
by Appointment  
Only

5:30 PM



### Friday

#### Studio Pilates Workout

With Apparatus  
by Appointment  
Only

45 Eureka St  
Pasadena CA 91103  
www.myclubsportif.com  
(626) 844 6458

### Saturday

## Group Fitness Class Descriptions

### Brand New Booty & Abs

This 60-minute workout takes no prisoners. Shape and define your arms, shoulders, legs and abs with effective, time-efficient methods using a variety of equipment. This workout also includes killer core exercises.

Trade in your old booty and get ready for a brand new booty!  
All levels.

### Zumba

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. We want you to want to work out, to love working out. Experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing movements meant to engage and captivate for life!

### JH Fitness Classes

"Work out and learn new skills with others!"

Semi-private classes have the most energy and friendly encouragement from others, attention is heavily divided, but poor form and boring exercises aren't allowed - All levels.

### Studio Pilates Workout\*

(by Appointment Only - Check Pilates Schedule)

Progressive class for intermediate pilates clients having completed at least 6 private or semi-private sessions. Studio classes will practice in unison and are led by an instructor. The pace is quick and students are responsible for changing springs and making machine adjustments during the workout. Individualized attention and an intimate atmosphere will help you achieve your fitness goals and perfect your pilates practice. Low impact workout using Pilates principles such as "Core Control", correct breathing and proper body alignment.

### Class Fees

Single Class .....	\$16
4 Classes/Month Card .....	\$60
8 Classes/Month Card .....	\$112
12 Classes/Month Card .....	\$166
Monthly Tuition 1 Cl./Wk ....	\$57
Monthly Tuition 2 Cl./Wk ..	\$107

### \*Studio Pilates Workout

Single Session .....	\$38
4 Sessions .....	\$144
8 Sessions .....	\$272
16 Sessions .....	\$512

**No extensions, no refund  
Classes non-transferable.**

### JH Fitness

Semi-private Group ..... \$30