



**CHECK OUT THESE  
THREE DEMOS !!**

# **FULL BODY STRETCH YOGA**

**w/ SUSAN GROVER**

**Beginner-friendly, gentle sequence works through each joint and muscle, increasing circulation and easing tightness. Very easy, no pressure class.**

**MONDAY, SEPTEMBER 10<sup>th</sup> 11-12pm &  
MONDAY, SEPTEMBER 17<sup>th</sup> 11-12pm**

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# **SENIOR BOOTCAMP**

**w/ Doreen Paesano**

**For Seniors who want to kick it up a notch!**

**30 minute strength and cardio drills especially designed for Seniors**

**THURSDAY, SEPTEMBER 13 8:30-9:00am &  
THURSDAY, SEPTEMBER 20 8:30-9:00am**

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# **BOOTCAMP** Strength & Cardio

**w/ Doreen Paesano**

**Feel like a champ within 30 minutes. Make a better body with STRENGTH drills AND build endurance and agility with CARDIO drills all while having fun!**

**THURSDAY, SEPTEMBER 13 9:00-9:30am &  
THURSDAY, SEPTEMBER 20 9:00-9:30am**