

INTRODUCING

# fit in a flash!

## GROUP FITNESS CLASSES

Beginning April 20th for 8 weeks, this varied schedule will include dynamic 30 minute classes geared towards most lunch hours, any fitness level and all preferences.

Pick up a schedule from the front desk today!

*group fitness*  
at The Athletic Club

### Monday

10:30 Cross Cardio  
11:00 Core/Stretch  
11:30 Muscle Works  
12:00 Step  
12:30 Core/Stretch

### Tuesday

11:30 Cycle

### Wednesday

11:30 Pilates  
12:00 Step  
6:30-7:30 Zumba\*

### Thursday

11:30 Cardio Theater  
Intervals  
6:30-7:30 Pilates\*

### Friday

11:30 Muscle Works  
12:00 Cardio Combo  
12:30 Core/Stretch

### Saturday

8:00-9:00am H2O Hover\*

\*Need More? Check out new full hour class additions!

Visit [www.athleticclubpop.com](http://www.athleticclubpop.com) to see a complete listing of group classes currently offered.

All classes are included in Athletic Club membership.