



Glutes & Abs Class



“Slim Your Waist and Flatten Your Tummy!”

Start Date: Oct 9, 2007 - Next 4 wk. Session
Date: Tuesday & Thursday
Time: 8:30am – 9:00am
Instructor: Alnette McNelly

Fee: Members - \$ 10.00
Non-members - \$ 20.00

Description: This class will work your glutes (bottom) and abdominal (stomach) muscles through a structured workout routine. The class will target the specific areas of your abs, glutes and thighs and help you tone and tighten these areas. You will gain core muscle strength and shape and sculpt your body. Is it time for the belly to be gone or to have a smaller waistline? Then this class is for you.

When the core muscles are weak a common side effect is lower back pain.

Fitness is a LIFESTYLE not a diet!

For more information: 947-8862 or see the front desk.