

**Total Fitness Connection
Franklin, KY
Group Exercise
270-586-7000**

August

2010

Transform your body-Find your potential-Change your life!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
Morning Classes						
8:30 am	Body Sizzle & Yoga (30/30) Cara	Body Sizzle (60) Cara	Body Sizzle (60) Cara		Body Sizzle (60) Cara	
9:30 am	Yoga (60) Beth		Yoga (60) Sara		Yoga (60) Tina	
Evening Classes						
5:00 pm	ZOOM ZOOM (60) Beth					
5:30 pm		Step (60) Jennifer		Kickboxing (60) Beth <i>*New Time</i>		
7:00 pm	*Boot Camp (60) Cara <i>*class fee</i>		SweatShop (60) Cara			

Yoga: The yoga (path) focusing on bodily postures to improve meditation and strength. Popular as a means to better health, fitness, and relaxation.: focusing on flexibility. Low impact . (All levels.)

Boot Camp: Personal Training/Group Functional– High intensity Mid-High Levels *\$12/class or 10 classes for \$100 *

Step: Cardio class using the step. All levels welcome. High Impact (All levels)

Kickboxing: Bob, weave, kick, and punch your way to a new tone body! High Impact. (Mid-high levels)

Zoom Zoom: Our version of the latest dance fitness craze. Cardio dance fusion of Latin, Hip Hop and Jazz moves. (All levels)

Body Sizzle: Plyo-metric type conditioning and toning, using lighter weights and higher repetitions. Low impact. (All levels.)

SweatShop: A combo of intense cardio and strength training using various modes to achieve the optimal muscular workout. (All)

Facility Hours:

Monday-Thursday: 5am-9pm

Friday: 5am-9pm

Saturday: 8am-4pm

Sunday: 1pm-5pm

Childcare Hours:

Monday- Friday: 8:00am-12pm

Monday-Thursday 4:30pm-8pm

Saturday: 8am-11am, Sunday: Closed