

Small Group Training

... provides motivation, accountability, variety & camaraderie, and it's affordable!

\$99*

Next 5 week session:

Jan. 9 thru Feb. 11, 2012



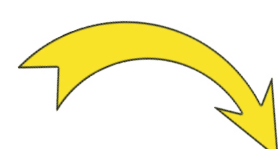
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00a						BOXING Kettlebell
8:00a	Mat Pilates	Kettlebell CIRCUIT TRAINING	NEW BOXING		PLYO	NEW Specialized Yoga
8:15a				Core Training		
8:45a	FULL CROSS TRAINING		FULL CROSS TRAINING			
9:00a		Kettlebell & Core Training			FULL CROSS TRAINING	
9:30a	NEW CROSS TRAINING					
10:00a			CROSS TRAINING	CROSS TRAINING		
6:00p		NEW Kettlebell		NEW CROSS TRAINING	NEW Yoga for Men	
7:00p		Core Training				

Trainer for sessions in: Blk. = Mike Purp. = Jamey Blue = Evie Red = Diana

Each class is 45 minutes, all levels unless indicated, and is 5 weeks in length, once per week.

Register for one or more classes.

See other side for program descriptions & details!



YANG'S
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*Rate is for one class for 5 consecutive weeks.