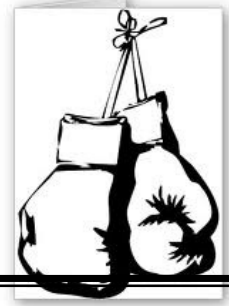
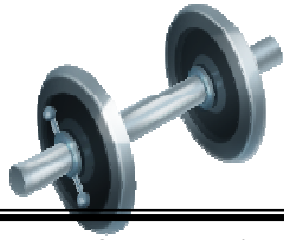


# BP BODY PERFORMANCE

## Group Training Classes at Good Bodies FALL 2011



### Circuit Strength:

Body Performance incorporates both cardio and strength intervals to help you maximize your body's functional movement abilities while gaining strength, balance, and coordination. You will experience group training with personal instruction while getting a full body blast utilizing the most challenging equipment...YOUR BODY!

### Pricing

Single session \$20  
5 sessions 85.00  
10 sessions 150.00

Sessions must be used within 3 months of purchased date

### Boxing & Core Cross:

High intensity cardio and core functional training with a twist! You will learn basic boxing techniques, upper and lower body pad work, and build core strength. 60 minutes will fly by as you power through the punches!!

**\*\*Must pre-register for 6 week session**

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Circuit Strength</b>	6:15pm 60 min	9:30am 60 min 4:45pm 60min	6:00pm 60 min	6:15am 60min 9:30am 60 min		7:45am 60 min BOOTCAMP
<b>Boxing Core Cross</b>				<b>**4:45pm 60 min</b>		

**CONTACT BETH TO TRY A COMPLEMENTARY CLASS**

**614-937-5962**

[DOLCEFITNESS@GMAIL.COM](mailto:DOLCEFITNESS@GMAIL.COM)

[WWW.GOOBODIESFITNESS.COM](http://WWW.GOOBODIESFITNESS.COM)