



**A.V. Sorensen Community Center**  
**Group Fitness Classes**  
**Beginning January 20, 2016**  
**(Ongoing classes and join anytime)**

**The Barre Body-** An energizing workout with a combo of ballet leg movements, yoga, Pilates and conditioning designed to create chiseled abs, toned legs, cut arms and a lifted seat. No ballet experience or shoes required.

**Yoga-** Find physical harmony through foundational yoga poses that work on strength, flexibility and balance, all while bringing awareness to your mental harmony through breath and relaxation techniques.

**Fusion-** Blending together the best of both worlds of yoga and Pilates, you will spend equal time focusing on flexibility and core work utilizing seated, standing, and floor postures and exercises.

**Zumba®** -This is an effective way to have fun and burn calories while enjoying Latin and current music genres and beats. Enjoy the Party and ditch the workout!

**Register 24/7 online:** [www.fitinthecity.com](http://www.fitinthecity.com)  
 Store Tab/A.V. Sorensen /Select Program options. You will create a member account and complete payment. Payment confirmation will be e-mailed to you. A class card will be issued and delivered and updated to A.V. on the following class day. (Cards and may be stored onsite) 30 day unlimited cards expire 30 days after purchase date and 60 day flex cards expire 60 days after purchase date.  
**Manual registration** is also available and form may be picked up at A.V. Sorensen or downloaded from [www.fitinthecity.com](http://www.fitinthecity.com)

Monday	Class
9:15am-10:00am	The Barre Body
5:30pm-6:15pm	Yoga
6:15-7:00pm	Zumba ®
Wednesday	Class
9:15am-10:00am	The Barre Body
5:30pm-6:15pm	Yoga
6:15pm-7:00pm	Zumba ®
Friday	Class
9:15am-10:00am	Fusion-Yoga/Pilates
Saturday	Class
9:15am-10:00am	Fusion-Yoga/Pilates

Per Class Rate: exact cash only or prepay online  
 Age 62 & Up & Teens 13-17 **\$8.00**/Adults 18 & Up **\$10.00**

Flex Card: Valid for 60 days  
 8 Total Classes **\$60.00**

Unlimited All Classes Valid for 30 days  
**\$99.00**

**\*Special for staff & teachers at all public & private elementary & post-secondary locations.**  
 Unlimited All Classes Valid for 30 days  
**\$79.00**

**Try a class on us. Limit one class per new customer**

**Name:** \_\_\_\_\_  
**Email:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_