

# Amy's Summer Schedule

*Look Great, Feel Better!*



Bikini Season is here...it's time to tone up your body and get ready to strut your stuff! This summer Amy is offering a variety of classes and times to meet your busy schedule. Don't miss this opportunity to get into the best shape of your life – this summer!

Days	Time	Class Type	Description	Dates
Mondays	4:45 – 5:15 pm	<b>Zumba Sculpt</b>	The best total body sculpt & abs you can get in 30 minutes!	June 8 – September 21
Mondays	5:15 – 6:15 pm	<b>ZUMBA</b>	Latin-dance fitness that combines fun music, heart pumping movements and excitement in each workout – you will not believe how much you'll sweat - <i>Seriously!</i>	June 8 – September 21
Wednesdays	5:30 – 6:30 am	<b>Cardio Kickboxing</b>	You'll sweat and work like there's no tomorrow! Easy to follow kickboxing drills set to motivating music. This class is designed to sculpt your upper body while melting away the lower body. Get ready to kick some!	June 10 – September 23
Wednesdays	6:30 – 7:00 am	<b>Washboard ABS!</b>	An AB-solutely fabulous workout of abdominal and lower back exercises to chisel your midsection!	June 10 – 17 July 22 – September 23
Fridays	5:30 – 6:30 am	<b>Bikini Bootcamp</b>	It's the next level of training. Your muscular strength and endurance will be tested when combined with cardiovascular movement. A total body workout that is challenging and feels like you're training one-on-one with a private trainer. Great for all levels of fitness!	June 12 – September 25
Fridays	6:30 – 7:00 am	<b>Washboard ABS!</b>	An AB-solutely fabulous workout of abdominal and lower back exercises to chisel your midsection!	June 12 – September 25

\*All classes held at Franklin Elementary, located at 750 NW 18th St, Corvallis. Right between Fred Meyer & CHS.

\*\* NOTE – Thursday night Zumba classes may be added in August! ☺

**Pricing:** All classes follow a punch card system, which offers flexibility of taking classes when it's convenient. The hour-long cardio classes are \$60 for 10-class punch. 5-class punch cards are \$35. Thirty-minute sculpt cards are \$30 for a 10-class punch. Punch Cards can be purchased at the door.

**Gold Cards ~ for those of you who just can't get enough (*the ones after my own heart*)!** Purchase the GOLD card for a one-time fee of \$125, which allows you to take as many classes as you want for 8-weeks! (*Summer classes will be divided into two 8-week sessions. Session #1: June & July; Session #2: August & September*). This ends up being less than \$2.40/class when you take advantage of all the classes offered!