



# Amy's 2010 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 will only be teaching for 5-weeks – so don't miss these amazing classes!

Days	Time	Class Type	Description	Dates
Mondays	4:45 – 5:15 pm	<b>Sculpt</b>	The best total body sculpt & abs you can get in 30 minutes!	June 21 – July 19
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 21 – July 19
Wednesdays	5:30 – 6:30 am	<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 23 – July 21
Fridays	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!	July 2 – July 23

\*All classes will be held in the *Harding School gymnasium, located at 510 NW 31<sup>st</sup> Street, off of Harrison Blvd, in Corvallis.*

**Sculpt Cards:** \$30 – Good for all thirty minute toning & sculpting classes!

**10-Class Punch Cards:** \$60 – Good for all 1-hour cardio classes (Zumba & Kickboxing)!

**5-Class Punch Cards:** \$35 – Good for all 1-hour cardio classes (Zumba & Kickboxing)!

**Summer Special:** Purchase 10-Class punch during the first week of Summer classes (June 21-25) for ONLY \$50!!

NOTE: Punch cards carry NO EXPIRATION date! There will be no GOLD cards for summer 2010 session.