



Fitness Buffet

September 2016

Zumba

A total body workout combining elements of dance and cardio to Latin and World rhythms.

Cardio Strength Training & Body Sculpting

Cardio and body weight exercise designed to tone upper & lower body. Bring mat or towel.

HathaYasa Yoga

Combination of slow flow and slightly longer held poses. Bring mat or towel.

Bootcamp

Total body workout to build your physical strength, endurance and stamina.

Tabata

High Intensity Interval Training (HIIT) designed to help burn max calories. Bring mat or towel.

Prana Vinyasa Flow Yoga

Rhythmic vinyasa class with hand mudra, movement meditation, pranayama, kriyas, asanas and often chanting. Bring a mat or towel.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location: Admin West, 150 W. Congress, Tucson, AZ Room: 5th Floor Open Area (next to elevator) Times: 12:10pm - 12:50pm Fitness Class Punch Card Eligible – 4 classes \$10 or 10 classes \$20				1 Cardio Strength Training Kimi Hernandez	2 Body Sculpting Lory Pro	3
4	5 Cardio Strength Training Kimi Hernandez	6 Zumba Andrea Salcido	7 Fitness DVD's available for use	8 Cardio Strength Training Kimi Hernandez	9 HathaYasa Yoga Kim Knebel	10
11	12 Cardio Strength Training Kimi Hernandez	13 Zumba Andrea Salcido	14 Fitness DVD's available for use	15 Cardio Strength Training Kimi Hernandez	16 Bootcamp Kimi Hernandez	17
18	19 Cardio Strength Training Kimi Hernandez	20 Zumba Andrea Salcido	21 Fitness DVD's available for use	22 Cardio Strength Training Kimi Hernandez	23 Tabata Patricia Matthews	24
25	26 Cardio Strength Training Kimi Hernandez	27 Zumba Andrea Salcido	28 Fitness DVD's available for use	29 Cardio Strength Training Kimi Hernandez	30 Prana Vinyasa Flow Yoga April Graves	

Bring Water

Wear Comfortable Clothes & Shoes
All Employees and Levels Welcome

