



Fitness Buffet

October 2016

Butts 'n' Guts

Toning exercises to target the front and back sides of your body. Bring a mat or towel.

Hatha Yoga

Yoga poses and breath work to align and calm your body, mind and spirit. Bring mat or towel.

Zumba

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

Core Strength

Basic core exercises to improve your balance and stability. Bring mat or towel.

Cardio Strength Training

Cardio and body weight exercise designed to tone upper & lower body. Bring 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
2	3 Cardio Strength Training Kimi Hernandez	4 Zumba Andrea Salcido	5 Fitness DVD's available for use	6 Cardio Strength Training Kimi Hernandez	7 Butts 'n' Guts Lorey Pro	8
9	10 Cardio Strength Training Kimi Hernandez	11 Zumba Andrea Salcido	12 Fitness DVD's available for use	13 Cardio Strength Training Kimi Hernandez	14 Hatha Yoga Naveena Khattri	15
16	17 Cardio Strength Training Kimi Hernandez	18 Zumba Andrea Salcido	19 Fitness DVD's available for use	20 Cardio Strength Training Kimi Hernandez	21 Zumba Lia Hayden	22
23	24 Cardio Strength Training Kimi Hernandez	25 Zumba Andrea Salcido	26 Fitness DVD's available for use	27 Cardio Strength Training Kimi Hernandez	28 Core Strength Jennifer Lane	29

Bring Water

Wear Comfortable Clothes & Shoes
All Employees and Levels Welcome

