

Xtreme Fit: Winter Session One

Employee Fitness Classes

*Happy New Year
2014!*

NO CLASSES –

1/20/14
(MLK Holiday)

Instructor-

HF= Holli



50/50 Class 5:00 pm - 5:20 pm -Kent Street Location

This class will combine fun and fitness to increase your cardiovascular and muscular endurance power. Upper and lower body strength will be improved by using weights, elastic tubing, stability ball and your own body weight. Increase your heart health with low impact aerobic choreography. Modifications to increase or decrease each exercise will be given. The last part of class will be devoted to enjoying the benefits of stretching and core work. The 50/50 class is designed for persons age 50 years old and above.

Week 1: 01/06/14 - HF 50/50 - 5:00 pm - 5:20 pm - Kent Street

Week 2: 01/13/14 - HF 50/50 - 5:00 pm - 5:20 pm - Kent Street

Week 3: 01/20/14 - (NO CLASS)

Week 4: 01/27/14 - HF 50/50 - 5:00 pm - 5:20 pm - Kent Street

Kent Street Fitness and Wellness Programming 5:20 pm - 6:15 pm

Located in the Frederick County Boardroom

Week 1: ----- (MON) XFIT-HF	----- (TUE) Zumba- HF	01/02 (TH) TotalFF-HF
Week 2: 01/06 (MON) XFIT-HF	01/07 (TUE) Zumba- HF	01/09 (TH) TotalFF-HF
Week 3: 01/13 (MON) XFIT-HF	01/14 (TUE) Zumba- HF	01/16 (TH) TotalFF-HF
Week 4: 01/20 (MON) No Class	01/21 (TUE) Zumba- HF	01/23 (TH) TotalFF-HF
Week 5: 01/27 (MON) XFIT-HF	01/28 (Tue) Zumba- HF	01/30 (TH) TotalFF-HF

X-FIT - Northwestern Regional Adult Detention Center

Fridays at ASAP Office at 860 Smithfield Avenue (near NRADC)

01/03/14 - XFIT - HF 4:15 PM - 5:15 PM
 01/10/14 - XFIT - HF 4:15 PM - 5:15 PM
 01/17/14 - XFIT - HF 4:15 PM - 5:15 PM
 01/24/14 - XFIT - HF 4:15 PM - 5:15 PM
 01/31/14 - XFIT - HF 4:15 PM - 5:15 PM



What is

Total Fusion Fusion?

Each week this fitness class will be designed to incorporate different genres of fitness. Dance Fusion and Resistance, core and stretching exercises and some basic kickboxing moves.

A Message from the Studio...

Congratulations to Sharon Kibler, the winner of the Holiday Gift Basket! In the near future, another raffle will be held...stay tuned.

As always, if there are any questions, please do not hesitate to contact Stacey Chatman: xtremefi@xtremefitstudio.com or 540-533-8935, www.xtremefitstudio.com

Yours in Fitness,
 Stacey Chatman, President
 Xtreme Fit Studio
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