



Xtreme Fit: Spring Session One

Employee Fitness Classes



Class Changes-

The 50/50 class will be moved to Tuesdays at 5:00 p.m. - taught by Shirley. PiYo will return on Tuesdays at 5:20 p.m. - taught by Shirley.

*****Please note a location change for the 5:20 - 6:15 p.m. class on 04/21...class will be held at the ASAP Office.**



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

Located in the Frederick County Boardroom (04/21 class will be held at ASAP Office, NOT BOS Room)

Week 1: ----- (MON) No Class	04/01 (TUE) PiYo- SD	04/03 (TH) TotalFF-HF
Week 2: 04/07 (MON) Zumba-HF	04/08 (TUE) PiYo- SD	04/10 (TH) TotalFF-HF
Week 3: 04/14 (MON) Zumba-HF	04/15 (TUE) PiYo- SD	04/17 (TH) TotalFF-HF
Week 4: 04/21 (MON) Zumba-HF	04/22 (TUE) PiYo- SD	04/24 (TH) TotalFF-HF
Week 4: 04/28 (MON) Zumba-HF	04/29 (TUE) PiYo- SD	

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: 04/01/14 - SD 50/50 - 5:00 pm - 5:20 pm - Kent Street
 Week 2: 04/08/14 - SD 50/50 - 5:00 pm - 5:20 pm - Kent Street
 Week 3: 04/15/14 - SD 50/50 - 5:00 pm - 5:20 pm - Kent Street
 Week 4: 04/22/14 - SD 50/50 - 5:00 pm - 5:20 pm - Kent Street
 Week 5: 04/29/14 - SD 50/50 - 5:00 pm - 5:20 pm - Kent Street

X-FIT - Northwestern Regional Adult Detention Center

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

04/04/14 - XFIT - HF 4:15 PM - 5:15 PM
 04/11/14 - XFIT - HF 4:15 PM - 5:15 PM
 04/18/14 - XFIT - HF 4:15 PM - 5:15 PM
 04/25/14 - XFIT - HF 4:15 PM - 5:15 PM



What is PiYo?- Kent Street

Takes from the principles of Yoga/Pilates and combines it with sports conditioning, strength/flexibility training, and dynamic balance!

As always, if there are any questions, please do not hesitate to contact:

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Yours in fitness,
 Stacey Chatman, President
 Xtreme Fit Studio

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