

Encore Fitness COACHING

January 2019 Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Hiking at Rockport State Park	2 4:30 Fitness Fusion 5:30 p.m. Pump Plus	3 4:30 p.m. PiYo	4	5 8:00 a.m. Zumba & Encore Core
6	7 4:30 Step Intervals 5:30 p.m. Fitness Fusion	8 4:30 p.m. Cardio Pump	9 4:30 Fitness Fusion 5:30 p.m. Pump Plus	10 4:30 p.m. PiYo	11	12 8:00 a.m. Zumba & Encore Core
13	14 4:30 Step Intervals 5:30 p.m. Fitness Fusion	15 4:30 p.m. Cardio Pump	16 4:30 Fitness Fusion 5:30 p.m. Pump Plus	17 4:30 p.m. PiYo	18	19 8:00 a.m. Zumba & Encore Core
20	21 4:30 Step Intervals 5:30 p.m. Fitness Fusion	22 4:30 p.m. Cardio Pump	23 4:30 Fitness Fusion 5:30 p.m. Pump Plus	24 4:30 p.m. PiYo	25	26 8:00 a.m. Zumba & Encore Core
27	28 4:30 Step Intervals 5:30 p.m. Fitness Fusion	29 4:30 p.m. Cardio Pump	30 4:30 Fitness Fusion 5:30 p.m. Pump Plus	31 4:30 p.m. PiYo	Feb. 1	Feb. 2 Zumba & Encore Core

Fitness classes with a dramatic flair at the Concrete Theatre

Have fun, get fit - this could be the best stage of your life! All our workouts can be tailored to your fitness level. First class free.

Cardio Pump: Combos of cardio for calorie-burning and weight-training for muscle building.

Fitness Fusion: A fast-paced mash-up of weight-training, dancing, kickboxing, step and more.

PiYo: Pilates and yoga-inspired moves that increase your strength and flexibility. Low impact, no weights.

Pump Plus: Weight-training with bars, dumbbells and other equipment, *plus* a burst of cardio.

Step Intervals: Timed intervals of step training and weight-training for an all-over transformation.

Zumba: Crazy fun cardio party with a variety of music styles; followed by Encore Core training.

All classes \$5. Pay monthly or as-you-go. Located at the Concrete Theatre, 45920 Main Street, Concrete WA
Valerie Stafford, M.S. Health & Fitness Coach / Group Exercise Instructor
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