



April 2019 • Class Schedule

Spring into Shape!

Exercise Classes at the Concrete Theatre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30 p.m. Workout for Weight Loss	2 4:30 p.m. Pump Plus	3 5:30 p.m. Power Step	4 5:30 p.m. PiYo	5	6 8:00 a.m. Zumba
7	8 5:30 p.m. Workout for Weight Loss	9 4:30 p.m. Pump Plus	10 5:30 p.m. Power Step	11 5:30 p.m. PiYo	12	13 8:00 a.m. Zumba
14	15 5:30 p.m. Workout for Weight Loss	16 4:30 p.m. Pump Plus	17 5:30 p.m. Power Step	18 5:30 p.m. PiYo	19	20 8:00 a.m. Zumba (10 a.m. Cement City Trail Run)
21	22 5:30 p.m. Workout for Weight Loss	23 4:30 p.m. Pump Plus	24 5:30 p.m. Power Step	25 5:30 p.m. PiYo	26	27 No Class
28	29 5:30 p.m. Workout for Weight Loss	30 4:30 p.m. Pump Plus	Beginners are welcome at all our classes. Workouts can be modified to suit your fitness level.			

Group Exercise Classes

Have fun, get fit - this could be the best stage of your life! Your first class is free.

PiYo: A dynamic combination of Pilates for strengthening and toning, and yoga for stretching and balance. PiYo is a series of fun exercises that's completely low impact. This class will leave you feeling amazing. Bring a yoga mat if you can.

Power Step: A step program designed to push your cardio edge to a new limit, while increasing your strength, power and agility. Step up if you're ready for a fun, powerful, fully adjustable workout using weights, bands and more. Get ready to sweat!

Pump Plus: Total weight-training with bars, dumbbells and other equipment, focusing on all the major muscle groups, *plus* a burst of cardio.

Workout for Weight Loss – 60 minutes
Designed for maximum, non-stop calorie-burning, with 30 minutes of cardio intervals and 30 minutes of weight-training using light to medium bars and dumbbells. Choose low or high impact, modify as needed, just keep moving for best results.

Zumba: High energy cardio party using a variety of music styles, from pop to Latin and beyond. Learn new patterns and rhythms that will astound your friends and family! ☺

All classes \$5. Pay monthly or as-you-go. Located at the Concrete Theatre, 45920 Main Street, Concrete WA
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