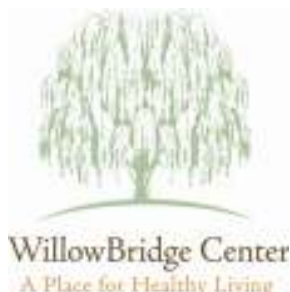


WBC Yoga and Fitness
FEBRUARY 15—MARCH 31 SCHEDULE
CAMBRIDGE LOCATION—3 NEW CLASSES



Monthly Membership Fee

\$65/Month for Unlimited Classes

New students should call or e-mail Joan* to register for classes. First class is free!

*763-237-3240
joan@willowbridgecenter.com

Drop-in Students
 The Drop-in Option allows you the ability to pay per class.
 Returning students may pay at class time or purchase passes through your instructor or the lobby desk.

Drop-in Rate
 Cambridge: \$10.00

Time	Class	Instructor
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Monday

6:45-7:45AM	Pump it Up	Joan
8:00-9:00AM	Cardio/Strength	Joan
4:45-5:45PM	Cardio/Strength	Joan
6:00-7:00PM	Pump it Up	Joan
7:30-8:30PM	Zumba	Kelsie

Tuesday

5:30-6:30AM	Full Body Conditioning	Jenna
9:00-10:00AM	Vinyasa Yoga	Steph
1:30-2:30PM	Ladies Fitness Ballet	Lisa
5:30-6:30PM	Hatha Yoga	Deb

Wednesday

6:45-7:45AM	Pump it Up	Joan
8:00-9:00AM	Cardio/Strength	Joan
4:30-5:30PM	Cardio/Strength	Joan
5:35-6:35PM	Hatha Beginning Yoga	Seren
6:40-7:40PM	Hatha Advanced Yoga	Seren

Thursday

5:30-6:30AM	Full Body Conditioning	Jenna
9:00-10:00AM	Vinyasa Yoga	Steph
5:15-6:15PM	Step Aerobics	Tina
7:30-8:30PM	Zumba	Kelsie

Friday

6:45-7:45AM	Cardio/Strength	Joan
8:00-9:00 AM	Pump it Up	Joan
9:10-9:55AM	YogaFit for Beginners	Joan

Saturday

8:00-9:15AM	Vinyasa Yoga	Rotating
9:30-10:30AM	Zumba	Kelsie*

February new enrollments still receive a 30 minute massage free with monthly fee paid.

**Class descriptions on back.
 Weather cancellations will be consistent with the local public schools.

Sunday

7:00-8:15PM	Candlelight Restorative Yoga	Deb
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Class Descriptions

Cardio/Strength

This class will include 30 minutes of cardio with 30 minutes of strength training. It's a great way to get it all done in an hour. We will be using the step, balls and free weights.

Candlelight Restorative Yoga: Restore the body and renew the spirit. Postures are experienced with longer holds and quality transitions link the postures with awareness to slower movements, alignment and breath.

Hatha Yoga: Connecting postures, movement and breathing. This is a gentle yoga class that is great for beginners or for students who would like to discover their mind-body connection through movement and meditation.

Pump it Up: This is a group "strength training class" geared to work and strengthen all muscle groups. Do you want to add definition to your body, and drop a pants size at the same time? Strength training is an important component to maintaining lean body mass and bone density. If you're not sure what to do with free weights or just lack the motivation to do it on your own, this is the class for you. Taught by a certified personal trainer.

Step Aerobics

Join us for this new cardio class at WillowBridge. You will step your way to heart health and calorie burn. You won't want to miss this.

Full Body Conditioning: For students of all fitness levels looking to round out their exercise routine. A combination of cardio, core, strength, stretch and pilates to give your body a complete workout. This workout will meet you right where you are at today and work with you to build strength and increase your flexibility. Start your day off energized!!

Vinyasa Yoga: A vigorous more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. This class is diverse in sequencing, and intensity will vary with instructor philosophy so please talk with specific instructor prior to joining class if you are a beginner.

Zumba: Eliminates the "work" from "working out" by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise moves, using unique intermittent training format. Zumba embraces all the fundamental principles of fitness. Zumba magically motivates the body to efficiently burn calories, effectively tone all muscle groups, incorporate full range of motion, and improve the cardiovascular system.

YogaFit for Beginners: Looking to try yoga but not sure if it's something you'll like? Come experience fitness based yoga in a 45 minute class. This is a great way to try yoga, or to round out your strength training regimen.

Ladies Fitness Ballet: Here's your chance to try fitness based ballet and dance movements. Lisa McKinnis (owner of In His Steps Ballet) will be offering this class to WillowBridge fitness members to try out ballet. Try the class for a few weeks—if you like it, you can purchase shoes with Lisa directly.



www.willowbridgecenter.com
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