

**WBC Yoga and Fitness**  
**JUNE—AUGUST**  
**CAMBRIDGE LOCATION**

**Free 30 minute  
 mini pedicure or  
 manicure  
 with your paid  
 monthly  
 Enrollment!**



**SUMMER SPECIAL**  
 Prepay \$149.00 for Jun-Aug.  
 Come to at least 8 classes per  
 month, and have instructor  
 sign off on your attendance.  
**SEPTEMBER REWARD -**  
 - No weight gain  
 - WillowBridge shirt  
 - One Hour Massage!  
 Your body will thank you for  
 making the commitment to  
 regular, balanced work-outs!!  
**OR**  
**Monthly Membership Fee**  
 \$65/Month for Unlimited  
 Classes  
**Come try a class for free!**  
 \*763-237-3240  
 joan@willowbridgecenter.com  
**Drop-in Students**  
 The Drop-in Option allows you  
 the ability to pay per class.  
 \$10.00 per class.  
**Free use of lockers and**

Time	Class	Instructor
<u>Monday</u>		
6:30-7:30AM	Pump it Up Plus!	Joan
8:00-9:00AM	Beach Body Blitz	Joan
5:15-6:15PM	Pump it Up Plus!	Joan
<u>Tuesday</u>		
5:30-6:30AM	Crackdown	Kelly
9:00-10:00AM	Vinyasa Yoga	Steph
5:30-6:30PM	Hatha Yoga	Deb
7:30-8:30PM	Zumba	Kelsie
<u>Wednesday</u>		
5:30-6:30AM	Total Body Conditioning	Sara
8:00-9:00AM	Beach Body Blitz	Joan
5:15-6:15PM	Cardio/Strength	Joan
<u>Thursday</u>		
9:00-10:00AM	Vinyasa Yoga	Steph
7:30-8:30PM	Zumba	Kelsie
<u>Friday</u>		
5:30-6:30AM	Total Body Conditioning	Sara
7:15-8:15AM	Pump it Up Plus!	Joan
8:25-9:10AM	YogaFit for Beginners	Joan
5:15-6:00PM	Butts & Guts	Kristen
<u>Saturday</u>		
8:00-9:00AM	Total Body Conditioning	Sara
9:15-10:15AM	Vinyasa Yoga	Tom
<u>Sunday</u>		
5:30-6:30PM	Zumba	Kelsey
7:00-8:15PM	Candlelight Restorative Yoga	Deb

\*\*Class descriptions on back.  
 Weather cancellations will be  
 consistent with the local pub-  
 lic schools.

## 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, boot camp movements, balls and free weights.

Candlelight Restorative Yoga: This is a great class to let the joints open and muscles lengthen. Hatha yoga postures are held for five minutes with the body supported by blankets and props to ensure total relaxation during the hold. In this manner the joints soften and open and muscles relax and lengthen. Breath work is done to calm the nervous system which also aids in opening and lengthening. You truly will feel restored and better able to face the challenges of your daily life.

Hatha Yoga: In a Hatha yoga class, you will learn correct alignment of bones and muscle tone. Breath work starts off the class so you can use your breath to get into poses and then postures are done with mindfulness and hold to build strength and tone. The class ends with restorative pose to let our muscles relax and bodies restore. Class is accessible to all levels of yoga enthusiasts.

Beach Body Blitz: This class will entail interval training utilizing cardio bursts and circuits, along with weight training. Steps, bands, bars, balls, mats and free weights will be used

Pump it Up Plus! This is a group "strength training class" geared for both men and women, designed to strengthen every major muscle group. 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, this class will also emphasize cardiovascular endurance.

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: Have you wanted to try yoga, but are not sure if it's something you will like? Come experience the many benefits of yoga in this 45 minute class designed to accommodate all fitness levels. It is taught with flowing movements connected to the breath. You will feel a difference in your body. Yoga is a wonderful stress reliever, and all classes end with a relaxation phase designed to leave you refreshed and energized. Be good to yourself!

Butts & Guts: Does your butt sag? Your stomach giggle? Come to butts and guts for an intense 45 minute core and fat burning workout. This class is designed to push you to your limit, while making accommodations for all fitness levels. Come kick start your weekend in a healthy way!

Crackdown: It's time to crackdown on everything you have put off. This is not your "last chance workout". This is your summer workout that will leave you feeling great. This class focuses heavily on cardio, sculpting your upper body and toning your lower body, abs and core are key. You will never experience a repetitive workout in this class. Expect results!

[www.willowbridgecenter.com](http://www.willowbridgecenter.com)

807 Main St. N. ▪ Cambridge ▪ 763-552-6161

