

The City of Helena and Crossroads Sports & Fitness invite you to

# 2014 Helena ParkFit @ Women's Park

All classes are **FREE**

Time: 12:10-12:50pm

For more information call Crossroads Sports & Fitness 442-6733

<u>DATE</u>	<u>CLASS</u>	<u>DESCRIPTION</u>
6/4	Power Flow Yoga	Power vinyasa flow
6/11	R.I.P.P.E.D	Resistance, Intervals, Power, Plyometrics, Endurance
6/18	Power Flow Yoga	Power vinyasa flow
6/25	CxWORX + Cardio	Functional core training mixed with interval cardio
7/2	Mat Pilates	Core, balance, alignment, strength & flexibility
7/9	Express Bootcamp	Total cardio conditioning in 40 minutes
7/16	Mat Pilates	Core, balance, alignment, strength & flexibility
7/23	Express Bootcamp	Total cardio conditioning in 40 minutes
7/30	Mat Pilates	Core, balance, alignment, strength & flexibility
8/6	Crossroads Zumba!	Familiar music, easy modern choreography, calorie burner!
8/13	Power Flow Yoga	Power vinyasa flow
8/20	Sports Conditioning	Cardio with sports specific exercises
8/27	Power Flow Yoga	Power vinyasa flow

