



# My Personal Fitness



*Group Exercise and Customized personal fitness programs*

[www.mypersonalfitness.biz](http://www.mypersonalfitness.biz)

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*13893 Southwest Freeway – Next to Finish Line Sports*

## **NOW AVAILABLE -- Group Exercise Classes**

**Small-sized, boutique-style classes, taught in a friendly, relaxed environment – Pay monthly or pay as you go.**

**Fees:** \$15 per class (drop-in), Monthly unlimited pass \$90, Monthly-once/week \$50

**Fitness Yoga:** Fundamental Yoga poses and asanas, along with breathing exercises and yoga flows (vinyasas). Good for general fitness, strength, flexibility, balance and stress reduction.

Monday 9:30 am, Tuesday 6:00 am.

**Strength and Conditioning:** Use weights, balls, bands, and body weight to improve muscular strength and endurance.

Monday 6 pm, Tuesday 9:30 am

**Pilates Core Training:** Pilates-style mat exercises to target abs, back, legs and glutes for toning and strength.

Thursday, and Saturday 9:30 am, Tuesday 6 pm

**Pilates/ Yoga Combo:** 30 minutes of Pilates mat, followed by 30 minutes of basic yoga poses and flows.

Friday 9:30 am, Thursday 6 pm

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9:30 am Yoga 10	6:00 am Yoga 9:30 am Strength & Cond	No classes	9:30 am Pilates	9:30 am Pilates/ Yoga combo	9:30 am Pilates
6:00 pm Strength & Cond	6:00 pm Pilates		6:00 pm Pilates/Yoga combo		