

BLT (Butt, Legs and Tummy) Workout ** (BTB)

Burn calories, get stronger and firm the Butt, Legs and Tummy in this fun and challenging class. During the class, we will be using hand weights, step platforms, tubing and stability balls to make this class worth your while. All fitness levels are welcome.

Program#: 139200

Location: Multi-Purpose Room

Min/Max: 7/20

Instructor: Mary Owens

Fee: \$37.00(R), \$42.00(NR)

Registration Deadline: One week before the start of each section

15% discount for Fitness Center pass holders

| <u>Section#:</u> | <u>Date:</u> | <u>Age:</u> | <u>Time:</u> | <u>Day:</u> |
|-------------------------|-------------------------|--------------------|---------------------|--------------------|
| 01 | February 10 – March 24* | 16 & Up | 9:15-10:00am | Wednesday |
| 02 | April 7 – May 12 | | 9:15-10:00am | Wednesday |
| 03 | May 19 – June 30*** | | 9:15-10:00am | Wednesday |

** This program qualifies for the Back-to-Back discount with Arthritis Foundation Tai Chi (on Wednesdays only).

* No class the week of Feb 15th.

*** No class the week of May 31st.