

WINTER – 2015-16 FITNESS CLASS SCHEDULE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:30 am Interval Burn		
12:10 pm Spark 30	12:10 pm Yoga	12:10 pm Spark 30	12:10 pm Yoga	12:10 pm Spark 30	
12:45 pm Spark 30		12:45 pm Pound			
5:40 pm Pound	5:40 pm Cardio Fit Kickboxing	6:00 pm Spark 60	5:40 pm Cardio Fit Kickboxing		
	7:00 pm Yoga		7:00 pm Yoga		
<p>Come join us and try it out... all levels welcome! All you need is the desire to make the commitment to yourself! <i>These Classes Are Free For Members!</i></p>			<p>Downtown - 203 East Berry St In the Anthony Wayne Building 260-399-6637 / downtown@catalyst-fitness.com www.catalyst-fitness.com</p>		

Spark 30 / 60 – Spark 30 is the fastest way to get into shape! Work your entire body in only 30 Minutes with our Spark 30 Classes. Spark 60 classes offer double the challenge! Commit to yourself to reach your next fitness goal! This class is suitable for all ages and fitness levels.

Cardio Fit Kickboxing – Are you looking for a high energy, total body workout? Are you tired of the same old gym routine? Kick it up a notch and come to Cardio Fit Kickboxing! Increase your stamina and build strength while you learn how to throw a few punches and serve up a series of kicks. It’s not choreographed so it can be adapted to any fitness level.

Yoga – A regular yoga practice will help transform both your mind and body ultimately helping you find an inner calmness/peace, enhance your balance and stability, improve flexibility and posture, and leave you feeling stronger and more centered.

Interval Burn – Start your day the right way with our Wednesday morning Interval Burn class! This higher intensity class is guaranteed to burn calories, strengthen your entire body, and give you the jump start you need to power through the last half of your week! We will use an interval style which utilizes alternating periods of movement and recovery.

Pound – Channel your inner rockstar with this full-body cardio jam session of a workout inspired by drumming. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music!

If there are certain types of classes, days, or times that you would like to see on the schedule... please tell us!