

# VIC Workout Club

## Schedule for 5-9 August 2013

MONDAY 5 <sup>TH</sup>	TUESDAY 6 <sup>TH</sup>	WEDNESDAY 7 <sup>TH</sup>	THURSDAY 8 <sup>TH</sup>	FRIDAY 9 <sup>TH</sup>	TIME
NO EARLY BIRDS!					0730 AM
	<b>Pepsi</b> Core Training Gym F-09	<b>Michael</b> Body Shaping Gym F-09	NO CLASSES  VIC HOLIDAY	<b>Tom</b> Circle Training Gym F-09	12 NOON
<b>Pepsi</b>  Gym F-09	<b>Chris</b> Hatha Yoga Gym F-09	<b>Irina</b> Power Core Gym F-09		<b>Alexia</b>  Gym F-09	1 PM
		<b>Alexia</b>  Gym F-09			5 PM

### NEW CLASSES

*Pepsi's Core Training – Super Core Strength with a mix of cardio!*

*Chris Hatha Yoga – a nice soft centering class with breath awareness, deep stretching, back-pain release.*

*Irina Power Core – a balanced mix from Bodywork/Pilates/Yoga. Works on specific muscle groups with emphasis on core strength.*

*Tom Circle Training – One minute cardio sessions around different activities. Work in groups of 2 or 3. Super Fun–Super Workout!*