

Saginaw Township Recreation

Body Fit

“It’s Not Just a Class
It’s A Fitness Program”!!!



Guaranteed Results!!

When: Jan 18 – Feb 26

6 Weeks 3x per week

Pre Registration Deadline Jan 11th - \$50

Program Balance Jan 18 - \$146

Schedule and times on back of flyer

For more detailed information
Kcharbee@yahoo.com

Cardio Combo - A fun creative mix of Step, Kickbox and Zumba routines which burn fat and have you looking and feeling great!

- Fat Loss
- Increase cardiovascular
- Decrease blood pressure
- Increase self esteem
- Improve body image

Includes:

- 18 different workouts
- 3 Nutrition seminars
- 2 Fitness Assessments
- Body Fat Measurements
- Weight
- Flexibility Test
- Cardio Test
- Ab Strength



CORE – A combination of abdominal, lower back, lower body, balance and flexibility movements based on a Pilates style for that long sleek look!

- Flatten Abs
- Decrease lower back pain
- Increase energy
- Improve Posture

Body Fit Created by Kristin Charboneau B.S. Exercise Science ACE/AFAA Cert.

Kristin has 17 years experience in the fitness industry and knows what it takes to get and keep in shape. She obtained a B.S. in Exercise Science from WMU, and has been teaching and personal training in over 50 health clubs around the United States. **The Body Fit Program** is a fun unique fitness program to give you the results you are looking for. **HURRY!! SPACE IS LIMITED!! HURRY!!**

Register at Saginaw Twp. Recreation/ Center Courts
3320 N. Center
(989) 791-9860
www.saginawtownship.org

Session Times
Mon-Wed 6:40 p.m.
Fri 5:45 p.m.

Jan				
Mon		Wed	Thurs	Fri
18 6:40 pm Cardio Combo		20 6:40 pm Core		22 5:45 pm Cardio Combo
25 6:40 pm Cardio Combo		27 6:40 pm Core		29 5:45 pm Cardio Combo

Feb				
Mon		Wed	Thurs	Fri
1 6:40 pm Cardio Combo		3 6:40 pm Core		5 5:45 pm Cardio Combo
8 6:40 pm Cardio Combo		10 6:40 pm Core		12 5:45 pm Cardio Combo
15 6:40 pm Cardio Combo		17 6:40 pm Core		19 5:45 pm Cardio Combo
22 6:40 pm Cardio Combo		24 6:40 pm Core		26 5:45 pm Cardio Combo

LIMITED SPACE!!