Fit & Fabulous!

- **Kickboxing:** cardio with lots of kicking and punching (need mat).
- **Abs & stretch:** strengthening the core and flexibility (need mat and ball).
- **Tabata cardio:** a interval work-out with 20 seconds of cardio/ 10 second break. No equipment needed.
- **Powertone:** toning the whole body (need weights, mat, and ball).

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January 2014

• Don't forget to bring your bottle of water and towel each week • Complete your progress report to document your progress in the program			1 No Class Holiday	2	3	4
5	6 **Orientation, Weigh In & ZUMBA**	7	8 Marilou Kickboxing	9	10	11
12	13 Jesus & Daisy ZUMBA	14	15 Marilou Abs & Stretch	16	17	18
19	20 No Class Holiday	21	22 Marilou Tabata cardio	23	24	25
26	27 No Class	28	29 Marilou Powertone	30	31	

Fit & Fabulous!

- **Circuit training:** combination of weight training and cardio (need weights, mats, and ball).
- **Kickboxing:** cardio with lots of kicking and punching (need mat).
- **Abs & stretch:** strengthening the core and flexibility (need mat and ball).

February 2014

• Don't forget to bring your bottle of water and towel each week • Complete your progress report to document your progress in the program						1
2	3 Jesus & Daisy ZUMBA	4	5 Marilou Circuit Training	6	7	8
9	10 Jesus & Daisy ZUMBA	11	12 Marilou Kickboxing	13	14	15
16	17 Jesus & Daisy ZUMBA	18	19 Marilou Abs & Stretch	20	21	22
23	24 No Class	25	26 No Class	27	28	

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Fit & Fabulous!

- **Tabata cardio:** a interval work-out with 20 seconds of cardio/ 10 second break. No equipment needed.
- **Powertone:** toning the whole body (need weights, mat, and ball).
- **Circuit training** : combination of weight training and cardio (need weights, mats, and ball).
- **Kickboxing:** cardio with lots of kicking and punching (need mat).

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March 2014

• Don't forget to bring your bottle of water and towel each week • Complete your progress report to document your progress in the program						1
2	3 Jesus & Daisy ZUMBA	4	5 Marilou Tabata cardio	6	7	8
9	10 Jesus & Daisy ZUMBA	11	12 Marilou Powertone	13	14	15
16	17 Jesus & Daisy ZUMBA	18	19 Marilou Circuit Training	20	21	22
23	24 No Class	25	26 Marilou Kickboxing	27	28	29
30	31 Jesus & Daisy ZUMBA					

Fit & Fabulous!

April 2014

		1	2 TBA	3	4	5
6	7 Jesus & Daisy ZUMBA	8	9 TBA	10	11	12
13	14 No Class	15	16 TBA	17	18	19
20	21 Jesus & Daisy ZUMBA	22	23 TBA	24	25	26
27	28 No Class	29	30 TBA	• Don't forget to bring your bottle of water and towel each week		

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Fit & Fabulous!

May 2014

• Don't forget to bring your bottle of water and towel each week • Complete your progress report to document your progress in the program				1	2	3
4	5 Jesus & Daisy ZUMBA	6	7 TBA	8	9	10
11	12 Jesus & Daisy ZUMBA	13	14 TBA	15	16	17
18	19 No Class	20	21 TBA	22	23	24
25	26 No Class Holiday	27	28 TBA	29	30	31

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Fit & Fabulous!

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- **Tabata cardio:** a interval work-out with 20 seconds of cardio/ 10 second break. No equipment needed.
- **Powertone:** toning the whole body (need weights, mat, and ball).
- **Circuit training:** combination of weight training and cardio (need weights, mats, and ball).

June 2014

1	2 Jesus & Daisy ZUMBA	3	4 Marilou Abs & Stretch	5	6	7
8	9 Jesus & Daisy ZUMBA	10	11 Marilou Tabata cardio	12	13	14
15	16 Jesus & Daisy ZUMBA	17	18 Marilou Powertone	19	20	21
22	23 Jesus & Daisy ZUMBA	24	25 Marilou Circuit Training	26	27	28
29	30 Celebration					

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