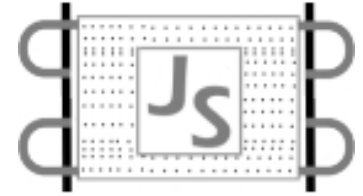




Jump Stretch

with Flexbands!



Invented by Dick Hartzell

Monday	Tuesday	Wednesday	Thursday	Friday
12:15 – 12:45pm Jump Ignition	12:15 – 12:45pm Jump Ignition	12:15 – 12:45pm Jump Ignition	12:15 – 12:45pm Jump Ignition	12:15 – 12:45pm Jump Ignition
6:00 – 7:00pm Jump Stretch		6:00 – 7:00pm Jump Stretch		
	6:30 – 7:30pm Jump Stretch		6:30 – 7:30pm Jump Stretch	
	7:30 – 8:30pm Jump Stretch		7:30 – 8:30pm Jump Stretch	

Class size is limited, please call ahead to register. Group times for athletic teams are available by appointment.

Jump Ignition - Aimed at those seeking maximal effort for half the time, higher intensity with fewer breaks.

Jump Stretch - Aimed at those looking for an overall body workout focusing on cardio and strength mix.