

Hot Summer Fitness Classes at Center Pointe in July

Cardio & Core

This Class will be a combination class of low impact cardio kickboxing to rev-up your metabolism and burn off calories and lots of abs to tighten mid-section.

Instructors: Quan Harris

When: 7/12 - 8/12/10 M & W

Time: 12:10 - 12:50pm

Cost: Only \$50

(minimum of 10 people)

Yogalates

This Class is a combination of Yoga with Pilates. You will be utilizing the bender ball to strengthen inner & outer thighs, abs, lower back & glutes.

Instructors: Kathy Downs

When: 7/13 - 8/13/10 T & TH

Time: 12:05 - 12:50pm

Cost: Only \$60

(minimum of 10 people)

Abdominal Ripper

This Class will be a challenging core workout that's designed to strengthen your Upper & Lower Abs, Oblique, and lower back.

Instructor: Quan Harris

When: 7/16 - 8/13/10 Fridays Only

Time: 12:15 - 12:45pm

Cost: Only \$30

(minimum of 10 people)



Body Pump

This Class will be a Full Body strength training class that will keep your heart rate up and tone at the same time. Instructor Quan Harris 7/13 - 8/13/10 T & TH 5:35 - 6:35pm **Cost Only \$80** (minimum of 10 People)

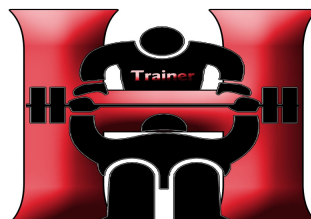
Ladies & Guys in Motion

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