

# Hot Summer Fitness Classes at Crown Pointe in July

## Glide & Slide

This Class will be utilizing the Gliding Disk to rev-up your metabolism and burn off calories and Full Body toning that's going to help you strengthen and tone all your major muscle groups. You will get your own pair of Gliding Disk

Instructors: Quan Harris

When: 7/13 - 8/12/10 T & TH

Where: Aerobics Room

Time: 12:05 - 12:50pm

**Cost: Only \$70**



## Dance Fitness

This Class will be a fun way to get in shape! We will be dancing to Old School Jams, Latin Jazz, Cardio Fusion and more. You will burn over 300 kcals in 45 minutes.

Instructors: Marguerite Sullivan

When: 7/12 - 8/11/10 M & W

Where: Aerobics Room

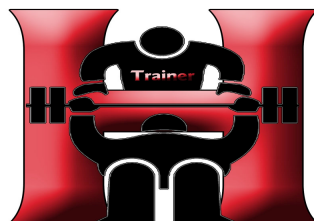
Time: 12:05 - 12:50pm

**Cost: Only \$70**

(minimum of 10 people)



**\$5 off if you sign up for  
both classes Sign up in  
Fitness Center on 7/9/10  
11:15 - 12:15pm**



**Harris Optimum Fitness**

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[www.FitwithHOF.com](http://www.FitwithHOF.com)