

July Fitness at Center Pointe
Striving to Achieve Fitness Goals!



Butts & Guts

This class is designed to slim and strengthen your lower body which includes Hips, Glutes, Abs, and thighs. This class is for all fitness levels.

Instructor: Quan Harris

M & W at 12:10 - 12:50pm 7/6/11–8/8/11

Price: \$60 No Refunds

(Minimum 10 people)

Body Works

The body works class is a toning and conditioning class with weights & is for just about everybody who wants to add strength training into their aerobic workout.

Instructor: Nikki Hixon

T/TH at 12:05 - 12:50pm 7/5/11 – 8/4/11

\$50 No Refunds (Minimum 10 people)



Pilates Beginner

This class is an introduction to the Pilates method of exercise to increase core strength, flexibility, and mobility. This class is for all fitness level.

Instructor: Marguerite Sullivan

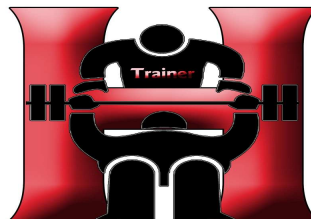
Friday Only at 12:05 - 12:50pm 7/8 – 7/29/11

Price: \$24 No Refunds (Minimum 10 people)



Sign up Party: June 29, 2011 at 12:30 - 1:30pm in Fitness Center

Ladies & Guys in Motion
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