

# Group Fitness Classes

*Comprehensive • University-Degreed Instruction • Custom-Designed Classes*



## Lunch Crunch

**Focus:** Core strength & ab toning  
**Day:** Mondays & Wednesdays; 12:00 p.m. – 12:25 p.m.  
**Cost:** \$5 per class (*including tax*)

**New Schedule!  
Starting 5/12/08!**

## Total Body Tone

**Focus:** Cardio conditioning and total body sculpting  
**Day/Time:** Tuesdays & Thursdays, 12:00 p.m. – 12:25 p.m.  
**Cost:** \$5 per class (*including tax*)



**SKIP  
THE  
JAM!**

## The Evening Circuit

**Focus:** Total body circuit training  
**Day/Time:** Tuesdays & Thursdays, 5:10 p.m. – 5:55 p.m.  
**Cost:** \$7 per class (*including tax*)

Classes open to everyone! (*clients and non-clients of HammerBodies Custom Fitness*)

Class size is limited for maximum instruction & results!

Walk-ins welcome ... Pre-registration accepted & recommended ... first come, first serve.

Schedule subject to change.

Call **314-567-3797**

**for details!**

HAMMER BODIES®  
Custom Fitness

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