



DONNA RUSCHEN
HEALTH & FITNESS

Class Schedule

All classes \$12.00 regardless of numbers

Other classes as requested. *Special Discount Pricing

DAY	2:30 – 3:30 pm	6 – 7 pm
MONDAY		BOSU
TUESDAY	*Vitality	BODY BAR
WEDNESDAY		BOXING
THURSDAY		TRX

Classes held at The Studio - 1 Angel St. Lake Albert

Please phone for further information 0412261046

Cardio Boxing

A great cross-training class providing an all over body workout. Ideal for improving your cardiovascular fitness and increasing muscle tone. Make an impact on your boxing partner and feel the heat as your jab finds its target! No boxing experience required as you punch your way to fitness with this workout. A cardio and endurance circuit class for fitness, that will leave you revitalized. Great stress relief.

TRX - Suspension Training

This is a challenging class designed for everybody with all levels of fitness catered for in the one class. Military style training in an outdoor environment with a unique suspension harness. This is truly the most amazing workout you will ever have. With over 200 hundred exercises available it covers resistance, core and Pilates training in one piece of equipment. Come and try, if your game!!

BOSU

Designed to improve strength, balance and stability this class is a MUST. Great for core strength. Medium intensity work out for all muscle groups throughout the entire body. For all ages and fitness levels, whether you would like to lose weight, tone-up or improve your fitness, this session is for you.

BODY BAR

With all major muscle groups worked out in this fast paced weight bar class it is a must for those wanting increased muscle and burn fat—around 400 calories per class. Body Bar is known to Improve Strength, shape and tone muscles, and improve bone density (helps ward off osteoporosis).