



215-329-  
TONE (8663)

# OPEN HOUSE

## Group Fitness Demo Schedule

**SATURDAY, September 17, 2011 / 9AM-4PM**

**FITNESS**

**Special  
Guest  
Speaker  
NBC's  
Biggest  
Loser  
Cherita  
Andrews**

**Free  
Classes**

**Raffles**

**Refreshments**

**Vendors**

**Membership  
Discounts**

**Chair Massage**

9:30 - 10:15AM	<b>KICK BOXING (RON DUKES)</b>
10:15 - 10:30AM	<b>MARTIAL ARTS FITNESS (KYETHEUS MONTEIRO)</b>
10:30 - 11:00AM	<b>YOGA (ANGEL WILLIAMS)</b>
11:00 - 11:45AM	<b>ZUMBAFIT (MELANIE MARCHAND)</b>
11:45 - 12:00PM	<b>CORE FUSION (RON DUKES)</b>
12:00 - 12:15PM	<b>SILVERSNEAKERS DEMO</b>
12:15 - 12:45PM	<b>FITNESS COMPETITIONS</b> Jump Rope, Hula Hoop, Jumping Jacks, Push-Ups
12:45 - 1:15PM	<b>BODY SHAPING (RON DUKES)</b>
AT THE BAYOU	<b>(12:15 - 1:15PM) 90 DAY CHALLENGE</b>
1:15 - 1:45PM	<b>STEP AEROBICS (MELANIE MARCHAND)</b>
AT THE BAYOU	<b>(1:15 - 1:45PM) HEART DISEASE (LAURIE RUSSELL)</b>
1:45 - 2:00PM	<b>SPINNING DEMO (MELANIE MARCHAND)</b>
2:00 - 2:45PM	<b>ZUMBAFIT (MELANIE MARCHAND)</b>
2:15 - 3:00	<b>BASIC STRETCH (MELANIE MARCHAND)</b>
<b>3:00 - 4:00PM</b>	<b>CHERITA ANDREWS (NBC'S BIGGEST LOSER CONTESTANT)</b>
9AM TO 4PM	<b>FREE CLASSES - VENDORS - REFRESHMENTS - RAFFLES - CHAIR MASSAGE - MEMBERSHIP DISCOUNTS</b>