

Buffa's Fitness JUNE 2008

Buffa's Dance Studio, Ltd * 9570-H Burke Road * Burke, VA 22015 * 703.425.5599

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:45 Step Express-AH	3 * 9:30- BP	4 9:30 - Step - AH	5 9:30 - Step - JLW	6 9:30 - BP
9 9:45 Step Express-AH	10 * 9:30- JLW	11 9:30 - Step - AH	12 9:30 - Step - JLW	13 9:30 - BP
16 9:45 Step Express-AH	17 * 9:30 JLW	18 9:30 - Step - AH	19 9:30 - Step - JLW	20 9:30 - BP
23 9:45 Step Express-AH	24 * 9:30	25 9:30 - Step - AH	26 9:30 - Step - JLW	27 9:30 - BP
30 9:45 Step Express-AH				
<p>Unlimited = \$41/month 5 classes = \$28 (30 day expiration) Walk-In = \$7/class</p> <p>Special Weekly Rate (Mon-Fri) = \$12</p> <p>Special For Students (High School and College) and Multi-family = \$35</p> <p>Remember to sign in each time you attend!</p>				

COURSE DESCRIPTIONS:

INSTRUCTORS:

- * Optional Sculpting – 15 min class extension designed to target muscle groups for muscular definition and strength.
- I/S** Warm-up, 3min aerobic sections alternating with 1 min strength training section (using steps, tubes & weights), abdominals, cool down, stretch.
- Step** Warm-up, step aerobics (30-40 min), weighted upper body work, abdominals, cool down, stretch.
- Circuit Sculpt** Warm-up, progress through alternating cycles of step and resistance work. Warm-up, specific muscle group exercises (using tubes & weights), cool down, stretch. Designed to increase muscular definition, strength & endurance
- Express** 45 min step class focusing on cardio.

- AH Alison Hall:** BS Univ. of MD, AFAA, CPR & Spinning certified, 3 years teaching experience.
- AR Arleen Root:** BS Univ. of MD, 15 yrs teaching exp, holds current ACE & CPR certifications, ACE certified Personal Trainer.
- JLW Jean Lam Wu:** BS Boston Univ., MS Univ. of MA-Amherst, AFAA certified group fitness, ACE certified Personal Trainer