

Buffa's Fitness November 2009

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 – I/S- AR	4 9:30 - Step - AH	5 9:30-Step-JLW	6 9:30 - Step - AR
9 9:45- Step Express-AH	10 *9:30 – Circuit-AR	11 9:30 - Step - AH	12 9:30 - Step - JLW	13 9:30 - Step - AR
16 9:45-Step Express-AH	17 * 9:30 – I/S- AR	18 9:30 - Step - AH	19 9:30 - Step - JLW	20 9:30 - Step - AR
23 9:45 – Step Express-AH	24 * 9:30 – Circuit- AR	25 9:30 - Step - AH	26 CLOSED	27 9:30 - Step -AR
30 9:45 – Step Express-AH				
<p>Unlimited = \$41/month 5 classes = \$28 (30 day expiration) Walk-In = \$7/class Special Weekly Rate (Mon-Fri) = \$12 Special For Students (High School and College) and Multi-family = \$35 Subs: Alicia Colwell, Noki Lee</p> <p align="center">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. (Double step uses two steps. Party Step uses four steps.)
- 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

AH Alison Hall: BS Univ. of MD, AFAA, CPR & Spinning certified, 6 years teaching experience.

AR Arleen Root: BS Univ. of MD, 20 yrs teaching exp, holds current ACE & CPR certifications, ACE certified Personal Trainer.

JW Jean Lam Wu: BS Boston Univ., MS Univ. of MA-Amherst, AFAA certified group fitness, ACE certified Personal Trainer