

## Body Burn

A challenging class combining calisthenics and body weight exercises with cardio and strength training.

You get to set the intensity - what you put into it, you get out of it! Structured as circuits, 45 seconds on and 15 second recovery transitions, with a rest break at the end of each set.

As your instructor, I plan to encourage, not intimidate you!

### 1<sup>st</sup> Session

Date: September 15<sup>th</sup>-October 22<sup>nd</sup> (6 weeks)

Time: M/W 4-5pm

Instructor: Allison Koosmann

Members: \$33 Non-Members: \$45

### 2<sup>nd</sup> Session

Date: November 3<sup>rd</sup>-December 17<sup>th</sup> (7 weeks)

Time: M/W 4-5pm

Instructor: Allison Koosmann

Members: \$38.50 Non-Members: \$52.50

### 3<sup>rd</sup> Session

Date: January 5<sup>th</sup>-February 25<sup>th</sup> (8 weeks)

Time: M/W 4-5pm

Instructor: Allison Koosmann

Members: \$44 Non-Members: \$60

### 4<sup>th</sup> Session

Date: March 2<sup>nd</sup>-April 8<sup>th</sup> (6 weeks)

Time: M/W 4-5pm

Instructor: Allison Koosmann

Members: \$33 Non-Members: \$45

### 5<sup>th</sup> Session

Date: April 13<sup>th</sup>-May 6<sup>th</sup> (4 weeks)

Time: M/W 4-5pm

Instructor: Allison Koosmann

Members: \$22 Non-Members: \$30