

2012 FITNESS SHAKE UP!

BOXING

Sun. 9:30AM w/Daniel

Thurs. 6:00PM w/Daniel

H.I.I.T. High Intensity Interval Training

Tues. 5:30PM w/Julie

Wed. 6:15AM w/Daniel

Fri. 8:15AM w/Andrea



**NEW!
CLASSES!**

TRY A NEW CLASS!

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SAVVY SR. FITNESS

Mon. 1:15PM w/Christine

Wed. 1:15PM w/Susan

RAPID FIRE CYCLE CIRCUIT

Tues. 12:00pm w/Susan

Thurs. 11:30am w/Don

ZUMBA TONING

Fri. 10:30AM w/Hilarie

TAI CHI YOGA FUSION

Fri. 9:30AM w/ Amy (Lakeside)

EXTREME TEEN

Thurs. 5:00pm w/Daniel

**EFFECTIVE
JAN. 2ND 2012!**

CTSC

23400 PARK SORRENTO CALABASAS

(818) 222-2782

