

# Saginaw Township Recreation

# Body Fit

**“It’s Not Just a Class  
It’s A Fitness Program”!!!**



**Guaranteed Results!!**

**When: Mar 29 – May 7**

**6 Weeks 3x per week**

**Pre Registration Deadline Mar 22 - \$50**

**Program Balance Mar 29 - \$146**

**Schedule and times on back of flyer**

For more detailed information  
[Bodyfitpros@yahoo.com](mailto:Bodyfitpros@yahoo.com)



**Cardio Combo** - A fun creative mix of Step, Kickbox and Zumba routines which burn fat and have you looking and feeling great!

- Fat Loss
- Increase cardiovascular
- Decrease blood pressure
- Increase self esteem
- Improve body image

## **Includes:**

- 18 different workouts
- 3 Nutrition seminars
- 2 Fitness Assessments
- Body Fat Measurements
- Weight
- Flexibility Test
- Cardio Test
- Ab Strength



**CORE** – A combination of abdominal, lower back, lower body, balance and flexibility movements based on a Pilates style for that long sleek look!

- Flatten Abs
- Decrease lower back pain
- Increase energy
- Improve Posture

**Body Fit** Created by **Kristin Charboneau B.S. Exercise Science ACE/AFAA Cert.**

Kristin has 17 years experience in the fitness industry and knows what it takes to get and keep in shape. She obtained a B.S. in Exercise Science from WMU, and has been teaching and personal training in over 50 health clubs around the United States. **The Body Fit Program** is a fun unique fitness program to give you the results you are looking for. **HURRY!! SPACE IS LIMITED!! HURRY!!**

Register at Saginaw Twp. Recreation/ Center Courts  
3320 N. Center  
(989) 791-9860  
[www.saginawtownship.org](http://www.saginawtownship.org)

**Session Times**  
**Mon-Wed 6:40 p.m.**  
**Fri 5:45 p.m.**

**Mar**

<b>Mar</b>			
<b>Mon</b>		<b>Wed</b>	<b>Thurs</b> <b>Fri</b>
<b>29</b> 6:40 pm Cardio Combo		<b>31</b> 6:40 pm <b>Core</b>	

**April**

<b>April</b>			
<b>Mon</b>		<b>Wed</b>	<b>Thurs</b> <b>Fri</b>
			<b>2</b> 5:45 pm Cardio Combo
<b>5</b> 6:40 pm Cardio Combo		<b>7</b> 6:40 pm Core	<b>9</b> 5:45 pm Cardio Combo
<b>12</b> 6:40 pm Cardio Combo		<b>14</b> 6:40 pm Core	<b>16</b> 5:45 pm Cardio Combo
<b>19</b> 6:40 pm Cardio Combo		<b>21</b> 6:40 pm Core	<b>23</b> 5:45 pm Cardio Combo
<b>26</b> 6:40 pm Cardio Combo		<b>28</b> 6:40 pm Core	<b>30</b> 5:45 pm Cardio Combo

**May**

<b>May</b>			
<b>Mon</b>		<b>Wed</b>	<b>Thurs</b> <b>Fri</b>
<b>3</b> 6:40 pm Cardio Combo		<b>5</b> 6:40 pm <b>Core</b>	<b>7</b> 5:45 pm Cardio Combo

**LIMITED SPACE!!**