
























CITY (X) FITNESS PHILADELPHIA

(215) 923-4114 ★ M-Th. 5am-11pm ★ Fri. 5am-10pm
 Sat. 7am-7pm ★ Sun 8am-6pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10-10:45 am SilverSneakers 		6:30-7:30am AM BOOT CAMP 		6:30-7:30am AM BOOT CAMP 		10-11:15am <i>All Levels Yoga</i> 
	5:20-6:15pm <i>All Levels Yoga</i> 			10-10:45 am Silver Sneakers 	10:15-11:15 am SWEAT-TONE-SCULPT 	
	5:30-6pm <i>Core</i> 	6-7pm *NEW* Cardio Kick Boxing 	5:30-6:00pm <i>Core</i> 	INTRODUCING:  Sign up today for TRX Small Group Suspension Training Please see the front desk for pricing and availability! 2010 <i>Summer</i> <i>Schedule</i>		
			5:45-6:45pm <i>All Levels Yoga</i> 			
6-7 pm SWEAT-TONE-SCULPT 	7:30 pm <i>Salsa</i> 					
		7-7:30 *NEW* Butts & Guts 	6-9 pm <i>Indian Dance</i> 			
6-7pm <i>All Levels Yoga</i> 		7:30-8:30 pm <i>Old School Sculpt</i>	(Additional Costs) 			
6-9 pm <i>Indian Dance</i>						

Spinning Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BEGINNER SPIN 6-6:55pm	6:45-7:45 am <i>SPINNING</i> 	6:30-7:15am <i>Lunch Spin</i> 12-12:45pm	6:30-7:30pm	7:30-8:30 am <i>Happy Hour</i> 5:30-6:30 PM	9-10am <i>SPINNING</i> 	
7:15-8:15pm	6:30-7:30pm	6:30-7:30pm				



Class Description

Abs: Sculpt that sexy six-pack you have been working for in only 30 minutes!

All-Levels Yoga: A physically invigorating and mentally relaxing blend of postures that create strength, flexibility and stability. Learn breathing techniques that will leave you energized and refreshed. Open classes are available to members of any experience level!

Boot Camp: Start or end your day with a combination of cardio, polymeric, core, flexibility and endurance drills □ all to the sound of music in just an hour!

Butts & Guts: Tone and sculpt your glutes, legs and abs using lightweights, balls and polymeric. Tough stuff, 30 mins!

Cardio Kickboxing: A high-energy aerobic workout where you will learn to use basic martial arts skills to get the ultimate full-body workout. Guaranteed to burn calories and tone muscles!

Salsa: This class is a blast! Learn the basic and intermediate rhythmic moves of the most sensuous of all Latin dances in 60 mins. Singles or partners are welcome!

Silver Sneakers: Attention seniors - have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily life!

Spinning: A fast-paced, high intensity, calorie-burning workout. Build endurance and strength riding all terrain, including flats, hills and jumps. Work aerobically and anaerobically with bouts of recovery time for 60 mins.

Sweat, Tone & Sculpt: Intense workout, mixing short intervals of cardio with combo sculpting moves!

TRX Suspension Training: Thousands of people of all fitness levels now train on the TRX□□from professional athletes who need peak performance to everyday people who just want to feel and look their best, the TRX□ delivers.

Zumba: Combines Latin rhythms with cardio movements for a dynamic and fun workout routine. Perfect for all levels of fitness, Zumba is the most popular new cardio workout in the country!