



**Are you tired of your fitness routine?
Come energize your body and mind with
Indoor boot camp and KOGA classes!**

Indoor Boot Camp Class

One hour of a combination of cardio, core training, plyo-metrics, intervals, stretching and more.

- Warm up
- Combined Upper and Lower Body Exercises
- Balance, Stability and Coordination Drills
- Heart Rate Conditioning
- Endurance, Strength, and Stamina Development
- Core strength
- Cool Down
- Stretching
- Have FUN

WHERE? St Joseph’s Parish
130 Common St, Belmont, MA

WHEN? **TUES mornings AND THURS nights, Running for 8 weeks**
Starts Feb 8th, Tuesday 9.30 - 10.30AM
Starts Feb 17th, Thursday 6.30pm-7.30pm
FREE CLASS for the first class!

COST? Free for Feb 8th and Feb 17th ONLY.
Drop in class \$12 per class.
4 class pack - \$40
8 class pack - \$72
12 class pack - \$96
Monthly unlimited—\$29.99



KOGA - Kickboxing & Yoga

KOGA is two workouts in one; a combination of kickboxing and yoga. With KOGA you will experience the flexibility of yoga, the muscle of kickboxing, and a blend of isometric and plyo-metric movements. No matter what your fitness level, KOGA can be a challenging exercise program that builds superior strength and endurance. Mental and physical concentration resulting in greater flexibility, muscle toning and shaping, refined balance, improved cardiovascular function, lung capacity and decrease in body fat. Come prepared to sweat. Bring water, a towel and a yoga mat.

WHERE? St Joseph’s Parish
130 Common St, Belmont, MA

WHEN? **THURS mornings, Running for 8 weeks**
Starts Feb 10th, Thursday 9.30 - 10.30AM
FREE CLASS for the first class.

COST? Free for Feb 10th ONLY.
Drop in class \$12 per class.
4 class pack - \$40
8 class pack - \$72
12 class pack - \$96 Monthly unlimited \$29.99



Register online www.yourhealthsense.com