



Novare Fitness™

▶ Renew ▶ Build a better you

ActvFit™ Class Schedule **NEW!!!!TRX is at Novare!!!**

www.novare-fitness.com

Katrina 717-676-2817

Time/Place	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30 AM GOY*	~ActvCamp™ Katrina OR ActvStep™ Katrina	ActvLift™ Katrina & **TRX Donna	ActvSpin™† Donna OR Katrina	ActvLift™ Katrina	5:30 ActvMotion™ Donna		
6:30-7:15 AM GOY						ActvStep/ Lift Mix™ Katrina	ActvSpin™ Norm
7:15 – 8:00 AM GOY						ActvSpin™ Norm	

Try one class for FREE. Membership- \$120 unlimited for 3 months, or \$50 for 10 class punch card.

All skill levels are welcome!! Join us for fun, friendship and fitness!!

* GOY: **Gymnastics of York**, 2615 Course Rd, York, PA 17403 GOY members get a 10% discount on membership!!

** TRX - **Effective total body workout. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, at all the intensity you choose to use.** TRX will be taught at the same time as lift, pick either class or do ½ hr TRX and ½ hr Lift.

Fall Schedule effective August 13, 2011. Bring: Yoga mat (if you have one), towel and water.

~**Boot Camp & Step rotate Mondays.** Boot camp 1st and 3rd Monday, Step 2nd & 4th Monday, 5th Monday will be **Actv360** – a new class!!

Members are welcome to come to the gym and cycle or lift weights if they don't want to participate in a class.

Spin on Wednesdays – Katrina and Donna rotate instructing every other Wednesday.

† **ActvSpin™** Bring towel and water! Arrive 10 minutes early to set up bike!

Updated August 2011

What is TRX® Suspension® Training?

Born in the U.S. Navy SEALs and developed by Fitness Anywhere®, Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Easily set up the portable TRX® Suspension Trainer™ and you're in control. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose