




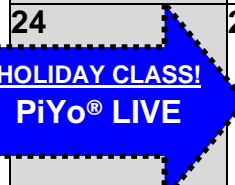
MAY 2015

FITNESS CALENDAR

Class in **RED** will be held at Agogi Martial Arts, 662 S. Main Street, Central Square.

Class in **BLACK** will be held at Brewerton Elementary School.

All Classes Instructed by
Jamie Schirtz

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4/26	4/27 9:15am ZUMBA @ Agogi Martial Arts 6:15pm ZUMBA @Brewerton Elem. School	4/28 <u>EXPRESS CLASS - 45 min</u> 4:45pm ZUMBA & BOOTCAMP COMBO @ Agogi Martial Arts	4/29 9:15am ZUMBA TONING @ Agogi Martial Arts 6:30pm TABATA BOOTCAMP @ Agogi Martial Arts	4/30	May 1	2 9:00am JUST STEP @Brewerton Elem. School Steps are limited. Reserve your step in advance.
3	4 9:15am ZUMBA @ Agogi Martial Arts 6:15pm ZUMBA @Brewerton Elem. School	5 <u>EXPRESS CLASS - 45 min</u> 4:45pm ZUMBA & BOOTCAMP COMBO @ Agogi Martial Arts	6 9:15am ZUMBA TONING @ Agogi Martial Arts 6:30pm TABATA BOOTCAMP @ Agogi Martial Arts	7	8 	9 Open to the Public 9:30 - 11am ZUMBA FITNESS w/ AAF Crew @Brewerton Elementary \$8 presale (\$9 online) or \$12 at the door
10	11 9:15am ZUMBA @ Agogi Martial Arts 6:15pm ZUMBA @Brewerton Elem. School	12 <u>EXPRESS CLASS - 45 min</u> 4:45pm ZUMBA & BOOTCAMP COMBO @ Agogi Martial Arts	13 9:15am ZUMBA TONING @ Agogi Martial Arts 6:30pm TABATA BOOTCAMP @ Agogi Martial Arts	14	15	16 9:00am PiYo® LIVE @Brewerton Elem. School Please BYO yoga mat
17	18 9:15am ZUMBA @ Agogi Martial Arts 6:15pm ZUMBA @Brewerton Elem. School	19 <u>EXPRESS CLASS - 45 min</u> 4:45pm ZUMBA & BOOTCAMP COMBO @ Agogi Martial Arts	20 9:15am ZUMBA TONING @ Agogi Martial Arts 6:30pm TABATA BOOTCAMP @ Agogi Martial Arts	21	22	23 9:00am ZUMBA @Brewerton Elem. School
24 	25 Memorial Day! 9:30am PiYo® LIVE @ Agogi Martial Arts No Evening Class	26 No 4:45pm Class It will be back next week!	27 9:15am ZUMBA TONING @ Agogi Martial Arts 6:30pm TABATA BOOTCAMP @ Agogi Martial Arts	<u>REGULAR CLASS PRICES:</u> Single Class Drop-In: \$6 5 class pre-paid punchcard: \$25 10 class pre-paid punchcard: \$50		30 No Class

Contact Us:

For Fitness Class Information contact Jamie Schirtz, **315-396-6630** or email aafitcrew@gmail.com.

For Dojo, Cardio Kickboxing and Karate Information contact Sensei Webster, **315-575-7406**.

***The new location for Agogi Martial Arts is 662 South Main Street, Central Square. We are located in the Central Plaza right after Quinto's Pizza.