



# FITNESS CLASS



**Instructor: Brian Duttry**

## INTRODUCTORY CLASSES

<b>Saturday, April 29</b>	<b>9:00-10:00 am</b>
<b>Tuesday, May 2</b>	<b>5:30-6:30 am</b>
<b>Saturday, May 6</b>	<b>9:00-10:00 am</b>

**Spring 2 session registration opens for this class Wed, May 3.  
Class will be on those same days and times listed above.  
NO NEED TO REGISTER FOR THE INTRODUCTORY CLASSES**

## **WAKE AND WORK OUT WITH DUTT**

This is a go-at-your-own pace, tabata-style exercise class. It consists of 4 rounds of 16 different exercises, repeated with a water break in between. All exercises for those that continue to attend have more advanced versions. There are modified versions for newcomers. All exercise are and can be more difficult but it is done at your pace.

There are many ups and downs to the floor going from standing to either back or knees. You will perspire and your heart rate can elevate up to 180 bpm (Introductory classes at 154-168 bpm). Up to 962 calories can be burned! The intensity can be modified but only to a certain degree.