



BEST OF **BEST OF** **BEST OF**
Hartford **Hartford** **Hartford**
MAGAZINE **MAGAZINE** **MAGAZINE**
2010 **2009** **2008**

589 New Park Avenue
West Hartford, CT 06110
860-523-8167
www.excelfitnessct.com

Group Exercise Schedule

Day	Time	Class	Instructor
Monday	6-645pm	Sexy Back	Shawn
Wednesday	630-715pm	Sexy Back	John
Thursday	6-645pm	Sexy Back	Matt
Saturday	10-1045	Sexy Back	Varies

Class Description

Sexy Back Boot Camp is an intense 45 Minute strength and conditioning class involving plyometrics, calisthenics, balance and flexibility for all levels and abilities.

Pilates is a body conditioning class that seeks to build flexibility, strength, endurance, and coordination.

Pricing

Members: \$100 for 11 Classes

Non-Members \$120 for 11 Classes

Classes must be used within 11 weeks

Additional class times may be added with an interest of 3 or more people