



**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