

THE TOTAL WORKOUT

This is the ultimate full spectrum exercise session including a combination of all the best workouts, designed to maximize your results. It is part aerobics, boot camp, dance, step, and strength with the emphasis on functional flexibility.

Set to the most motivating music, this workout is as fun as it is effective.

With 30 years in the making, these workouts can get you in the best shape of your life.

Adaptable to all fitness levels from beginner to advanced!



Suitable for ages 13 to adult!

***Please bring a mat, towel, water,
and the desire to achieve your beach body!***

Instructors:

Dave Franze of Dynamic Personal Fitness:
Award winning fitness trainer for 33 years

Sue Franze of The White Plains YWCA:
Aquatics Director, former Gymnastics Director

Cara Franze of Jazz Co
Certified fitness and group fitness trainer

Class Information:

Mintzer Center: Tuesday/ Thursday 7:15 - 8 p m

**On Going Registration
8 sessions**

\$99 pre- registration fee

Single sessions: \$15 pre - class fee

Drop-ins welcome!