

SOUTH JERSEY

Pulse Group Fitness

pulse fitness professionals LLC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	3:30-4:30 pm Running Class James G. Atkinson Park		3:30-4:30 pm Running Class Washington Lake Park	6:30-7:30 am * Fitness Bootcamp Chestnut Branch Park	11:00-12:00 pm Fitness Bootcamp Let's Dance	
	7:30-8:30 pm Fitness Bootcamp Let's Dance	7:30-8:30 pm Fitness Bootcamp Let's Dance	7:30-8:30 pm Fitness Bootcamp Let's Dance	<p>* Outdoor Class INCLEMENT WEATHER Incase of inclement weather, outdoor fitness bootcamps may be relocated to: Let's Dance Studio 25 West High Street Glassboro, NJ Visit PulseGetsResults.com and click weather report</p>		

Class Descriptions | Group Fitness for all shapes, sizes and fitness levels!

Train, tone, and strengthen with **Pulse Fitness Professionals!** We offer action packed, innovative, and result driven workouts.

Pulse Fitness Bootcamp: This is not your typical bootcamp. Classes are instructed by a certified personal trainer NOT a drill sergeant. Our trainers take group fitness to another level by combining functional strength training, core exercises, and creative cardio workouts. Whether you're a beginner or an advanced athlete Pulse Fitness Bootcamps will take your workouts to the next level! Pay \$10 per class or pay monthly for unlimited classes and save over 50%!

Pulse Running Class: Why run alone? When you can run with *class*. A running class will help you stick to your cardio program, break that plateau, improve your 5k speed, or reach that dream of running a marathon. As runners, we have the knowledge and advice you need to cross the finish line faster! Pay \$5 per class!

**OUTDOOR FITNESS
BOOTCAMPS!**

Class Policies

For your safety & in consideration of others

1. Please mention any physical limitations to the instructor prior to the start of class.
2. Street clothes are not permitted. Athletic shoes only.
3. Arrive on time. Classes begin promptly at starting time.
4. Be prepared for anything!