

Body By You Fitness Studio

120 W. 72nd St

KCMO 64114

816-822-8161

www.body-by-you.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cardio Cross Training 6:00AM – 6:45AM		Cardio Cross Training 6:00AM – 6:45AM		Cardio Kickbox 9:00am-10:00apm	No Classes
					*Self defense 12:30pm-2:00pm	
Abs Burner 6:00pm-6:30pm Cardio Kickbox 6:30pm-7:30pm	Step 5:30pm-6:15pm Body Sculpt 6:15pm-6:45pm Pilates 6:45pm-7:30pm	Core Crunch 5:45pm-6:30pm Cardio Kickbox 6:30pm-7:30pm	Step 5:30pm-6:15pm Body Sculpt 6:15pm-7:00pm	Raw Conditioning 5:45pm-6:45pm		

***CLASSES COMING SOON**

CLASS CANCELLATION INFO: In inclement weather, if the KCMO school district is closed, all AM classes that day will be cancelled. If school closings begin around midday then PM classes will be cancelled. If you have any questions please call the studio for additional information.

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Cardio Kickboxing:

Our signature class is taught only by our qualified black belt instructors. This class, for both men and women, is a high intensity cardio class that takes you through a series of punches and kicks performed on heavy bags. Martial arts skills are not required to take this class. You will be instructed on proper technique to assure that you will get the maximum benefits from this class. This class, which builds endurance, stamina, and self- confidence, has proven to be our most popular and requested class by both men and women alike.

Step class:

A fun, basic, high intensity class performed on a step using great music.

Abs burner:

It's exactly what you think it is. This is a short and sweet 30 minute, non-stop extreme abdominal workout. .

Body Sculpting:

This is not a "girly" class. This men and women's class is designed to work the entire body. Through the use of light weights and resistance bands, your muscles will be put through a series of high repetitions and strength moves to help you build a stronger and leaner body.

Core Crunch:

45 minutes of non impact moves, which targets all major muscles groups performed primarily on the ball. This class may involve light weight at times.

RAW Conditioning:

This very high intensity, high impact class is designed to improve agility, speed, endurance, and stamina. This off beat class challenges you through the use of plyometrics and non-traditional strength moves.

Cardio Cross Training:

You will bounce back and forth from cardio to strength moves at a fast pace. This class is full of surprises and challenging every time.

Pilates:

A body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates increases circulation and helps to sculpt and strengthen the body's core.

Self Defense (July)