

## Schedule - Local Studio Workout

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Bootiful Booty	9:00am Horizontal Conditioning	8:00am RealRyder  9:00am Local Pump	9:00am Local AB LAB  5:30pm (60min) RealRyder Yin&Yang	8:00am Real Ryder  9:00am Local Pump	8:30am Burn at the Barré

**MUST CALL TO  
MAKE A RESERVATION**

**All Classes 45min**



900 Asbury Ave Unit B, Ocean City  
609-938-0024      Localfitsj.com

### Prices

- Single Class - \$20
- 5 Class Card - \$65/2 Month Exp.
- 10 Class Card - \$120/3 Month Exp.
- 20 Class Card - \$220/5 Month Exp.
- 30 Class Card - \$300/9 Month Exp.

### Class Descriptions - Must Call To Make A Reservation!

**Bootiful Booty:** This class will tone and shape that booty! Focusing on the butt and legs for all levels. Every girls needs this “butt kicking” workout!

**RealRyder:** (Indoor Cycling) This class brings the outside ride inside. You will lean, tilt, and steer your way through the total body integrated functional workout. It's like no other!

**RealRyder Yin&Yang:** 30 minutes of high intensity intervals on the RealRyder bikes followed by 30 or 45 minutes of core and stretch.

**Burn at the Barré:** Work your entire body. Feel the BURN!! Lift that BUTT!! Tighten those ABS!! Shape your ARMS!! On and off the ballet barré

**Horizontal Conditioning:** This class consists of cardio conditioning along with intervals of total body conditioning using your own body weight horizontally (plank position).

**Local AB LAB:** Improve you core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

**Local Pump:** This is a plate-loaded barbell total body workout using various weights and reps, range of motion and speed in different sequences...get LEAN...get TONED...build STRENGTH.