



With locations that are open 24 hours in Bay Ridge and Park Slope Brooklyn, **Harbor Fitness** offers a wide variety of group fitness classes such as spinning, kickboxing, yoga and Pilates. Both locations offer free child care and the latest in cardio and strength training equipment.

Bay Ridge 9215 Fourth Avenue 718-238-9400

Park Slope 191 15th Street 718-965-6200

harborfitness.com



Presents:

# WORKOUT TO COMBAT AUTISM WEEK

*Group Fitness Benefit Schedule  
April 18th-25th 2010*

---

Members: \$5 Suggested Donation Per Class

Non-Members \$20

(includes full use of the club for the day)

---

All Proceeds benefit



Programs for Children and their  
Families with Autism



HeartShare provides individual plans & approaches that are essential to improving the lives of children and adults with autism and the spectrum disorders.

• **Pre-School Services**

Children between the ages of 3 and 5 diagnosed with autism spectrum disorders receive educational and therapeutic services through HeartShare's four **First Step Early Childhood Centers** in Brooklyn and Queens.

• **School-Age Services**

The **HeartShare School** provides education for children ages 5 through 21 diagnosed with autism and mental retardation from all 5 boroughs of New York City. Services include occupational, speech and physical therapies. Classes combine ABA and TEACCH style learning and contain computers with touch screen monitors and specialized software. For more information visit [Heartshare.org](http://Heartshare.org)

# Group Fitness Benefit Schedule—Workout to Combat Autism Week

## Bay Ridge

### Sunday April 18

11:30 - 12:30pm Legends - Ride Like a Rock Star with Jodi

### Monday April 19

5:00-6:00pm Awesome 80's with Gigi and Effie

7:30-8:30pm Cardio Kick-Butt with Lisa

### Tuesday April 20

*Live DJ Rocks the Club! 6:00-9:00pm*

8:30-9:30pm Skinny Jeans Pilates with Allison

### Wednesday April 21

8:30-9:45am 75 minute Get to the Heart of It Yoga

12:45-2:15pm Train Your Brain Yoga with Betty

6:30-7:30pm Body Architect with Natalya

### Thursday April 22

6:00-7:30pm 90 minute ZumbaThon with Lisa

7:30-8:30pm Kick It! For Kids with Michael

### Friday April 23

6:30-7:30pm Le Cirque Spin with Augusta

### Saturday April 24

8:30-9:30am Pop Flow Yoga with Mike

10:30-11:30am Band Camp with Mary

### Sunday April 25

9:00-10:00pm Pranayama Yoga-find your breath with Grace

### 5k Race Against Autism

10:00am Pee Wee Warm Up and Run— 10:30am 5 Run/Walk

## Park Slope

### Sunday April 18

12:30-1:30 pm Train Your Brain Yoga with Ella

### Monday April 19

6:30-7:30pm Diva Spins with Rosa

7:30-8:30pm Kick It! For Kids with Mike

### Tuesday April 20

6:30-7:30pm Tae Kwon Do Fit with Vincent

7:00-8:00pm Pedal Through Paradise with Colleen

### Wednesday April 21

7:30-9:00pm Live Drumming Yoga with Erika & Isabelle

### Thursday April 22

10:30-12:00 pm Live Drumming Yoga with Denise & Isabelle

### Saturday April 24

10:00-11:00am Beach Body Boot Camp with Jodi & Nicole

11:00-12:00pm Inner Warrior IntenSati with Victoria

### Sunday April 25

5k Race Against Autism in Bay Ridge

10:00am Pee Wee Warm Up and Run

10:30am 5 Run/Walk

