



We are the best part of a member's day, every day

News Release

Harbor Fitness, a Healthy Obsession for 2008!

For Immediate Release—December, 2007. Harbor Fitness, Brooklyn's premier fitness facility with two 24 hour clubs in Bay Ridge and Park Slope is the place to get fit in 2008. Given by New York City's finest fitness professionals, Harbor Fitness offers the latest in group fitness such as spinning, kickboxing, dance classes, core and circuit training, and our yoga and pilates program brings together your mental and physical training. Sculpt your body with gliding disks, balance and medicine balls, and take your yoga program to the next level using yoga blocks and straps and balls, while staying warm during relaxation under one of our yoga blankets. Both locations offer free child care and the latest in cardio and strength training equipment. Here are some of our highlights for 2008:

Harbor Fitness Bay Ridge

Harbor Fitness Bay Ridge is looking forward to receiving new lines of Strength Equipment to their gym floor in February 2008. The entire line of CYBEX VR3 Strength Equipment along with Hammer Strength & Star Trac Free Weights will brighten our Strength Training area and help keep Brooklyn strong.

Dance your way to fitness!

Women and men in Brooklyn are now dancing their way to fitness in the hottest class in the industry today—**Zumba!** Packed classes move and sweat in this latin-inspired class to heart-pumping music, and easy to follow dance moves. Described as a "hot dance party", people of all fitness levels are getting fit, and having fun doing it.

Belly Dancing Classes challenge your core, hips and thighs as you dance your way through the routines. Members get lost in the moves and the music while getting fit and building confidence.

Our packed **Stretch and Sculpt Yoga** classes help you lengthen and strengthen your muscles, while building flexibility in breath, body and mind.

Harbor Fitness Park Slope

Our **Spinning and Kickboxing studio** has been equipped with latest in DJ lighting and sound equipment with a sound system makes you feel like you are on the dance floor of hot club! Spin classes ride to video footage of Lance Armstrong winning his 7 Tour De France victories or through the Adirondacks with cycling's most famous coach Chris Carmichael.

Fight Club! is the latest kickboxing class to be added to our Martial Arts program. Members spar with our kickboxing instructor who is outfitted in a full body armor. Members perfect their upper cut and roundhouse kicks on a live person, while getting fit and gaining important self-defense skills.

Members can also enjoy **Capoeira classes.**, a high –energy aerobic workout that fuses martial arts, dance and African and Brazilian Music that will warm your body, stimulate your mind, and nourish your soul.

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