



ALORA Paris Fitness classes

La Mulette:

Tuesday, Salle 1

12h15-13h Cardio Intervals

13h15-14h Pilates Sculpt

Friday, Salle 2

12h15-13h Cardio Intervals

13h15-14h Pilates Sculpt

Boulogne:

Wednesday, Salle 3

12h15-13h Cardio Intervals

13h15-14h Pilates Sculpt

Cardio Intervals

This combo class will leave you feeling stronger with a boost of endorphins. Music-based, it swaps off cardio dance moves with squats and lunges, finishing with 20 minutes of challenging core mat work. You'll walk out feeling strong, refreshed, and like you've been tricked into working up a good sweat.

12h15-13h La Mulette: Tuesday, Salle 1 **and** Friday, Salle 2

12h15-13h Boulogne: Wednesday, Salle 3

Pilates Sculpt (including Wall Pilates)

Love Pilates but want to add Wall Pilates and resistance training? Strengthen and lengthen the core muscles, plus increase strength and mobility overall. Mind, body, muscle, balance == functional fusion!

13h15-14h La Mulette: Tuesday, Salle 1 **and** Friday, Salle 2

13h15-14h Boulogne: Wednesday, Salle 3

First class FREE! Then €12/class or multi-class card; interns pay half-price!

Email alison.benney@outlook.com for info and/or sign up on ClassFit.

Looking for a weekend workout? Cafe Cardio Intervals and Pilates Mat classes offered every Saturday morning, 9h15 and 11h, at the American Church in Paris, 65 quai d'Orsay, 7e. See www.parisfitness.com