

### **SpeedShaping Classes at ANDERSON FITNESS**

Located in the Classes Studio at Anderson Fitness on the corner of South & Bumby Streets,  
next to the East-West (408), downtown Orlando

2401 E. South Street  
Orlando, FL 32803

Contact: **Marilyn Jeffcoat**  
407-538-3973  
marilyn@totalsculpt.com

NOTE: This is a SpeedShaping Class. It is not the normal Total Sculpt workout. It is a new, secular workout that utilizes gym equipment, which is being tested. This workout for all ages (teens to older adults) and fitness levels (healthy beginners through athletic individuals) incorporates:

- Spinning (on bikes)
- Boxing (at bags, also with mitts)
- Body sculpting (light weight-training)
- Core workout
- Stretching

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### **Total Sculpt Classes at COLLEGE PARK BAPTIST CHURCH**

Located in the fitness center of College Park Baptist Church:

1914 Edgewater Drive (in College Park)  
Orlando, FL 32804

Contact: **Cynthia McInvale**  
407-843-0410  
cmcinvale@mycpbc.org

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### **Total Sculpt Classes at RIVERSIDE BAPTIST CHURCH**

1249 S. Suber Rd  
Greer, SC 29650

Contact: **Brenda Dempsey**  
864-363-7012  
brendadempsey@charter.net

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### ***Coming Soon!* Total Sculpt Classes at CHRIST COMMUNITY PRESBYTERIAN CHURCH**

2310 Nursery Rd.  
Clearwater, FL 33756

Contact: **Jan Brubaker**  
727-612-3977  
jan@bobbrubaker.com