

## LENNY BERNARD

Personal Trainer/Certified Group  
Exercise Instructor



My name is Clarence Lenny Bernard, the proud owner of MOVEfitness. I have over 15 years of experience leading group exercise classes, 10 years of group fitness classes along with five years of providing personal training. I also have been dancing multiple styles of dances from working on a cruise line for over two years. I try to make my dance classes or training sessions fun for all levels of dancers -- beginners through advanced. My hope for MOVEfitness is to inspire people to make exercise a part of their daily living and not just something we pick up now and again. I also hope my passion for exercise, food, nutrition, and dietetics is transcendent to all of my clients.



Website: [www.movefitnessbylenny.net](http://www.movefitnessbylenny.net)

518 788-7648

24 Colvin Avenue #22a  
Albany, NY 12206

## Regularly Scheduled Classes

### ZUMBA Fitness

Tuesday 5:30 PM – 6:30 PM (Lenny)

Wednesday 12:00 PM – 1:00 PM (Lenny)

Wednesday 5:30 PM - 6:30 PM (Lenny)

Sunday 10:45 AM -11:45 AM (Lenny)

### BollyX

Wednesday 6:30 PM – 7:30PM (Angana)

### No Limit Hip Hop

Thursday 5:30 PM – 6:30 PM (Lenny)

*\*Please note that Groupon and Living Social vouchers are redeemable exclusively for ZUMBA, Hip Hop Fitness or group salsa classes and are valid only for first-time customers.*

## Available By Appointment

### Personal Training

Half-hour and hour individual or group sessions

### Salsa Lessons

Individual or couples lessons

## Please Call to Confirm that the Following Classes are Being Held

### Group Beginner's TRX

Monday 12:30 PM – 1:20 PM (Lenny)

### TRX

Tuesday 6:35 PM – 7:25 PM (Lenny)

Sunday 8:00 AM – 8:50 AM (Lenny)

### Salsa Group Lesson

Friday 5:30 PM – 6:30 PM (Lenny)

### Dancehall Expression (coming soon...)

Time TBD (Lenny)

### Hip Hop Eccentricity

Monday 6:35 PM - 7:30 PM (Latisia)

Saturday 10:35 AM – 11:35 AM (Latisia)

### Booty Boot Camp

Thursday 6:30 PM – 7:30 PM (Tanny)

*All Classes are Subject to Change*

Please visit our website for information on pricing and available packages.

