



BODY PERFORMANCE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45am						BP Group PT Beth	
9am				BP Group PT Beth			
930am	BP Group PT Beth	BP Group PT Beth					
11am							
5pm				Boxing* Beth			
6pm	6:15pm BP Group PT Beth		BP Group PT Beth				

BP- Body Performance group personal training

*Next 6 week Boxing series will start 7/29/10, call now to register!

New participants are welcome! Please take a complimentary Body Performance class on us. For more information please call Beth @ 937-5962.