



Open House WEEK May 11th-16th

Group Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am						BP Group PT Beth	
9am						Vinyasa YOGA Constance	
930am		Mat Pilates Kelly	Vinyasa YOGA Angela	Mat Pilates Kelly			
1030am	BP Group PT Beth		Latin Fusion Mireya	Latin Fusion Mireya		BP Group PT Beth	
530pm	BP Group PT Beth		BP Group PT Beth	POWER YOGA Lisa			
6pm		Vinyasa YOGA Angela					
7pm			Latin Fusion Mireya				

- No charge for any classes or group personal training sessions during this week.
- Take as many sessions and/or classes as you like!
- Attendance is on a first come, first served basis.
- BP = Body Performance (Group Personal Training), limited to 8 participants per session.
- Please call 889-2282, ext. 80 if you wish to reserve a space.