







GROUP FITNESS SCHEDULE

BEGINS February 1, 2010
 MAIN STREET MARKET • 2ND FLOOR • 860.343.0446

| | SUN | MON | TUES | WED | THUR | FRI | SAT |
|-----------|---|--------------------------------|--|-------------------------------------|---|-----|---|
| AM | | | | | | | |
| 8:00 | | | | | | | Kick Boot <i>Jerry</i> |
| 9:00 | | | | | | | Washboard Abs/Stretch <i>Jerry</i> <i>(15 Mins.)</i> |
| 10:00 |  <i>Jerry</i> | | | | | | |
| PM | | | | | | | |
| 12:00 | | | | | | | |
| 3:00 | Yoga <i>Maureen</i> | | | | | | |
| 5:30 | | | | Fat Blaster <i>Sherri</i> |  <i>Technique class Ann</i> | | |
| 6:00 | | Zumba <i>Kristyn</i> |  <i>Katie</i> | |  <i>Ann</i> | | |

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE PLEASE CALL AHEAD.

SEE REVERSE FOR CLASS DESCRIPTION AND PRICING

Please tell instructor if you are new to fitness!

NO JUDGMENT ZONE

| Class Name | Length (min.) | Description |
|------------------|------------------|--|
| Bodypump | 60 | Full body intense strength workout choreographed to inspiring music. Class sizes are limited. Call ahead to reserve your spot in classes! |
| Kick Boot | 60 | A 75 min. class that focuses on sculpting the body and burning fat. We have combined kickboxing and boot camp to maximize your calorie burn. To top it all off we finish with 15 mins of abs, cooldown and stretching. |
| Washboard Abs | 15 | |
| Yoga | 60 | This class embraces everyone from the beginner to the trained athlete and/or dancer. This class focuses on practical, safe, effective techniques specifically designed to develop strength, balance and flexibility while reducing the everyday stresses of life. |
| Zumba | 60 | The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Ditch the workout, join the party!!! |

| | | | |
|---------------------|------------|------------------------|---|
| Class Fees: | | | |
| Single/Drop-in rate | \$15 | Unlimited Single Month | \$100/\$55 |
| Multi-pack (4/10) | \$50/\$100 | 12-month Membership | \$ 45 a month with a 12 month contract. EFT billing |

Class passes are non-refundable and non-transferrable. Consult a physician before beginning any exercise program. 4-pack class passes expire 60 days from date of purchase. Cannot be used for specialty classes.

10-pack classes expire 90 days from date of purchase. Cannot be used for specialty classes.

Unlimited Single Month package purchased before the 15th of the month is \$100 (plus tax). Unlimited Month package purchased after the 15th of the month is \$55 plus tax. Cannot be used for specialty classes.

12-Month Membership \$45/month (plus tax) unlimited class annual membership billed automatically the 10th of every month. 12-month commitment. 30-day cancellation notice. Cannot be used for specialty classes. Call studio for details.

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