

WINTER CALENDAR SESSION #1



THE MOVE
Personal Fitness

Session #1 Jan 3- Feb 24 (No classes Jan 6)

Body Conditioning

	Monday	Tuesday	Wednesday	Thursday	Friday
6:10-7:10am	Body Challenge 1A	Body Challenge 1A		Body Challenge 1A	Body Challenge 1A
9:00-10:00am	Body Challenge 1B		Body Challenge 1B		Body Challenge 1B
10:30-11:30am	Baby & Me		Baby & Me		
12:10-12:50pm		Stretch Fit		Stretch Fit	
5:00-6:00pm	Body Challenge 2A	Body Challenge 2A		Body Challenge 2A	Body Challenge 2A
6:15-7:15pm		Body Challenge 2C	Body Challenge 2C	Body Challenge 2C	Body Challenge 2C
7:30-8:30pm	Sweatshop	Hot Mamas	Sweatshop	Hot Mamas	

Session #1 Jan 5- Feb 25

Conscious Movement

	Monday	Tuesday	Wednesday	Thursday	Saturday
9:30-10:30am					Radiant Child Yoga 6-8yrs
10:45-11:45am					Radiant Child Yoga 3-5yrs
6:15-7:15pm		Pre-natal Pilates			

Body Conditioning		
Class		Cost
Baby & Me	Mon & Wed	\$90
Body Challenge 1A or 2A	Mon-Tues-Thurs-Fri	\$155
Body Challenge 1B	Mon-Wed-Fri	\$115
Stretch Fit	Tues & Thurs	\$80
Body Challenge 2C	Tues-Wed-Thurs-Fri	\$155
Sweatshop	Tues & Thurs	\$90
Hot Mamas	Tues & Thurs	\$90
Conscious Movement		
Class		Cost
Radiant Child Yoga 6-8yrs	Sat	\$63
Radiant Child Yoga 3-5yrs	Sat	\$63
Pre-natal Pilates	Tues	\$108

Winter Specials

Refer a Friend!

Get a \$10 credit when someone new registers for a class!

**Winter Fit Pass 1:
Unlimited Body Conditioning Classes for \$200**

**Just finish a Fit Pass?
Take 10% off your next one!**

**Registering for more than one class in a session?
Take 30% off the lower priced class**