

NEW CLASSES BEGINNING THE FIRST WEEK OF FEBRUARY!

BEGINNER PILATES WITH BARBRA

WEDNESDAYS 4:45 - 5:15 PM

THURSDAYS 9:30 - 10:00 AM

T'AI CHI YANG STYLE 24 SHORT FORM WITH BARBRA

TUESDAYS AND FRIDAYS 8:15 – 9:15 AM

SUPER STRETCH WITH BARBRA

MONDAYS 5:15 - 5:45 PM

THURSDAYS 10:00 - 10:30 AM

YOGA FLEX, STRENGTH AND RELAX WITH LESLIE CLARK

TUESDAYS 9:30 – 10:30 AM

THURSDAYS 5:30 – 6:30 PM

BEYOND BALANCE

WEDNESDAYS 10:45-11:15 AM

SATURDAY SWEAT CIRCUIT WITH TRACY LIBBY

SATURDAYS 9:00 - 10:00 AM

<u>PRICING</u>	<u>NON-MEMBER</u>	<u>MEMBER</u>	<u>TRAINING CLIENT</u>
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DROP IN (2 credits)	\$20.00	\$20.00	\$20.00
PACKAGE OF 6 (12 credits)	\$108.00	\$102.00	\$96.00
PACKAGE OF 10 (20 credits)	\$170.00	\$160.00	\$150.00

*Must train at least once per month to receive "training client" discount

*Class prices are based on one-hour/2 credits. Half hour classes use 1 credit.