

October Schedule

BELIEVE YOU CAN Fitness

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www.believeyoucanfitness.com

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Weekday Mornings	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 AM	LES MILLS BODYPUMP Bridget - 55 min Studio 1 5:15-6:10am	LES MILLS BODYCOMBAT Bridget - 55 min Studio 1 5:15-6:10am	PIYO Bridget - 55 min Studio 1 5:15-6:10am	LES MILLS BODYCOMBAT Bridget - 55 min Studio 1 5:15-6:10am	LES MILLS BODYPUMP Bridget - 55 min Studio 1 5:15-6:10am
9:00 AM	ZUMBA Heather - 55 min Studio 1 9:00-10:00am	LES MILLS BODYPUMP Neila - 55 min Studio 1 9:00-10:00am	LES MILLS BODYFLOW Neila - 55 min Studio 1 9:00-10:00am	LES MILLS BODYJAM Bayje - 55 min Studio 1 9:00-10:00am	PIYO Bayje - 55 min Studio 1 9:00-10:00am
10:15AM	PIYO Bayje - 55 min Studio 1 10:15-11:15am	LES MILLS BODYFLOW Neila - 55 min Studio 1 10:15-11:15am	LES MILLS BODYPUMP Neila - 55 min Studio 1 10:15-11:15am	LES MILLS BODYFLOW Bayje - 55 min Studio 1 10:15-11:15am	LES MILLS BODYJAM Bayje - 55 min Studio 1 10:15-11:15am
12:15 PM		LES MILLS BODYCOMBAT Natalie - 30 min Studio 1 12:15-12:45pm	ZUMBA Heather - 45 min Studio 1 12:15-1:00pm	LES MILLS BODYPUMP Natalie - 30 min Studio 1 12:15-12:45pm	
4:30 PM	LES MILLS BODYFLOW Kristie - 55 min Studio 1 4:30-5:25	PIYO Bridget - 30 min Studio 1 4:30-5:00	LES MILLS BODYFLOW Bayje - 55 min Studio 1 4:30-5:25	LES MILLS BODYPUMP Christene - 55 min Studio 1 4:30-5:25	**SAVED FOR SPECIAL EVENTS**
5:00 PM		LES MILLS BODYJAM Bridget - 55 min Studio 1 5:00-5:55			
5:30 PM	LES MILLS BODYJAM Kristie - 55 min Studio 1 5:30-6:25		LES MILLS BODYJAM Bayje - 55 min Studio 1 5:30-6:25	LES MILLS BODYFLOW Christene - 55 min Studio 1 5:30-6:25	
6:00 PM		LES MILLS BODYPUMP Krista - 55 min Studio 1 6:00-6:55			
6:30 PM	LES MILLS BODYCOMBAT Bridget - 30 min Studio 1 6:30-7:00		metafit Erin - 30 min Studio 1 6:30-7:00	LES MILLS BODYCOMBAT Heather - 30 min Studio 1 6:30-7:00	
7:00 PM	LES MILLS BODYPUMP Bayje - 55 min Studio 1 7:00-7:55	ZUMBA Heather - 55 min Studio 1 7:00-7:55	LES MILLS BODYPUMP Sally - 55 min Studio 1 7:00-7:55	ZUMBA Heather - 55 min Studio 1 7:00-7:55	
Saturday			Sunday		
7:00 AM	LES MILLS BODYCOMBAT Natalie - 55 Min - Studio 1 7:00-7:55am		3:00 PM	LES MILLS BODYCOMBAT Christene - EXPRESS 30 min - Studio 1 3:30-4:00pm	
8:15 AM	LES MILLS BODYPUMP Kristie - 55 Min - Studio 1 8:15-9:10am		3:30 PM	LES MILLS BODYPUMP Christene - EXPRESS 30 min - Studio 1 4:00-4:30pm	
9:30 AM	LES MILLS BODYFLOW Rita - 55 Min - Studio 1 9:30-10:25am		4:00 PM	LES MILLS BODYFLOW Christene - 55 Min - Studio 1 4-4:55pm	
10:30 AM	ZUMBA Heather - 55 Min - Studio 1 10:30-11:25am		5:00 PM	LES MILLS BODYJAM Bridget - Studio 1 - 55 min 5:00-5:55pm	

Membership Options

****Try any class for a low drop in rate of \$8**

Unlimited Monthly Rates

Single Person \$49
Couples \$78
Families* \$95

* 2 adults and up to 3 children

Prepaid Class Packages

5 Classes \$25
10 Classes \$40
Class packages do not expire

No Start Up Fees!

No Long Term Contracts!

No Cancellation Fees!