



<https://thewomensfitnessconnectionllc.godaddysites.com/>

# Schedule

## January, 2021

### AM CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:55 Pilates with Val	8:00-9:00 Yoga with Yvonne	8:00-9:00 BARRE with Yvonne	8:15-8:55 Stretch Fusion with Val	8:00-8:55 Pilates with Val	9:00-10:00 Barre Above with Chris	9:00-10:00 Pilates with Karen
9:00-10:00 Total Body with Val	9:00-10:00 Zumba® with Val	9:00-10:00 Cardio Fusion with Val S	9:00-9:45 Zumba® with Val	9:00-10:00 Total Body with Val	*starts 1/9	*starts 1/10

### PM CLASSES

4:30-5:30 Zumba with Karen	4:30-5:30 Barre Above with Chris	4:30-5:30 Total Body Conditioning	4:30-5:30 Band and Strength with Chris
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Sign up for classes on [SignUpGenius](#). Classes will be in person and streamed via ZOOM live or Facebook live!

PRICE LIST for AM classes with Val\*

PRICE LIST for P.M. classes

<b>Drop-Ins (If space allows)/ Single Classes</b> \$5 per class	<b>Drop-Ins (If space allows)/ Single Classes</b> \$5 per class
<b>12 Class Package</b> \$32 class package allows you to sign up for any 12 a.m. classes	<b>Chris/Karen Evening Class Package</b> \$20 for December <b>Introductory Price</b> for Evening classes
<b>15 Class Package</b> \$38/month 15 class package allows you to sign up for any 15 a.m. classes	
<b>UNLIMITED CLASSES</b> \$45/month PURCHASE THE ENTIRE MONTH OF <b>UNLIMITED A.M. CLASSES</b>	

Member of Renew Active, Renew Fit and Silver&Fit. Contact us for more information @ [twfllc@gmail.com](mailto:twfllc@gmail.com)