



## **FITNESS CLASS SCHEDULE & COST** (max of 10 per class)

### **\*BOOT CAMP M-W-F 6-6:50 am**

**Modifications given to suit all fitness levels from beginner to advanced...but it IS "BOOT CAMP" so come ready to give 100%**

### **\*BARRE WORKOUT choose from AM or PM session**

**M-W-F 9-9:50 am OR M-W 7-7:50 pm & F 6-6:50 pm**

**WE have the ONLY "BARRE ABOVE" certified instructor in The Canton area. BARRE is a ballet based fitness class That combines ballet, yoga, pilates, dance, flexibility and Balance training into a challenging workout that Results in elongated muscles for a very "lean" look Without the "bulk"and is perfect for any level**

### **\*SHRED YOGA T-TH 6-6:50 am**

**This yoga class is latest craze in "fat burning" yoga. It combines high intensity intervals with yoga moves For the ultimate calorie burn!**

### **\*FLOW YOGA T-TH-SAT 9-9:50 am**

**This class focuses on relaxation & flexibility for all levels!**

**BOOT CAMP, FLOW YOGA & BARRE classes are 3 times a week**

**3 months contract is \$85 a month**

**6 month contract is \$75 a month**

**SHRED YOGA classes are 2 times a week**

**3 month contract is \$60 a month**

**6 month contract is \$50 a month**

**\*\*there is a 15% discount on your second class if you are enrolled in more than one session of classes or if you are a personal training client**