

December 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 SPIN & FLOOR EXERCISE 8-9am
3	4 SPIN CLASS 5-5:45; CARDIO TONING 5:30-6:15	5	6 SPIN CLASS 5-5:45; CARDIO TONING 5:30-6:15	7	8	9
10	11 SPIN CLASS 5-5:45; CARDIO TONING 5:30-6:15	12	13 SPIN CLASS 5-5:45; CARDIO TONING 5:30-6:15	14	15 SPIN AND YOGA STRETCH 8-9am	16
17	18 SPIN CLASS 5-5:45; CARDIO TONING 5:30-6:15	19	20 SPIN CLASS 5-5:45; CARDIO TONING 5:30-6:15	21	22	23
24	25 CHRISTMAS DAY – NO CLASSES	26	27 SPIN CLASS 5-5:45; CARDIO TONING 5:30-6:15	28	29	30
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Class Cost: \$5 per 45 min – 1 hour classes

\$3 per 30 min class

Punch Cards: \$40 (10 45min/1 hr class and the 11th is free); (20 30min class and 1 free)

COME AND JOIN AT ANY TIME. MESSAGE ON OUR FB PAGE AND WE WILL ANSWER ANY QUESTIONS YOU MAY HAVE.