



PILATES * GYROTONIC*

www.studio7fitness.com



www.LizFit.net

GROUP EXERCISE CLASSES

EFFECTIVE: October 3, 2011

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
7:45			Yoga for Every Body Gail			9:00	TRX BOOT CAMP Jeanie	LES MILLS SH'BAM Liz
8:00	LES MILLS BODYFLOW Liz					10:00		LES MILLS BODYFLOW Liz
9:00			LES MILLS SH'BAM Liz					
9:15		Xtend barre® Pilates and Dance Amplified Amy		Xtend barre® Pilates and Dance Amplified Joanne	Xtend barre® Pilates and Dance Amplified Amy			
4:30			Xtend barre® Pilates and Dance Amplified Joanne					
5:30			LES MILLS BODYFLOW Allison (5:35 start)		Girls Night Out! Xtend barre® Pilates and Dance Amplified Joanne			
6:00	LES MILLS SH'BAM Jeanie	Xtend barre® Pilates and Dance Amplified Joanne			LES MILLS SH'BAM Liz			

Group exercise class descriptions and cost:

SH'BAM™ Come as you are, leave as a star. Chart-topping hits, hot yet-simple dance moves and oh-so –much fun. That's SH'BAM!

Xtend Barre™ A 55-minute full body immersion that fuses dance, Pilates and sculpting exercises at the ballet barre to give you a chiselled body –and fast!

BodyFlow™ A fusion of Yoga, Tai Chi and Pilates moves set to music. Take an unforgettable mind and body journey that leaves you feeling centered, calm, flexible and strong.

Girls Night Out! Experience 30 minutes of **Xtend Barre™**, **SH'BAM™**, **BodyFlow™**. Attention ladies! With kids headed back to school, it's time to treat yourself to a night of fun and friends on Fridays! 3 classes, 3 times the FUN!

Yoga for Every Body - Offers you a safe and contemporary approach to this classical discipline. This program helps you develop strength and flexibility, reduce stress, increase energy and enhance concentration, a wonderful introduction for students of any age and most levels of fitness. Take time for yourself and discover yoga's rewards with **Yoga for Every Body**.

TRX Boot Camp - If you enjoy cross training and TRX, then you will love the TRX Circuit! This fast-paced high energy boot camp will take you through cardio interval drills, while incorporating the TRX suspension system! Total body workout!

Cost of group exercise classes: \$12 Drop in fee.

15 class pass: \$120 (Just \$8 a class!)

More information and to sign up: 603.964.4140 info@Studio7Fitness.com