

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am bootcamp 1**	6:00 am fitbarre* julie	5:30 am bootcamp 1**	6:00 am fitbarre* julie	5:30 am bootcamp 1**		
	8:30 am fitbarre marissa		8:30 am fitbarre lizz		8:30 am fitbarre julie	9:00 am bootcamp 3**
9:15 am fitbarre lizz	9:45 am fitbarre marissa	9:15 am fitbarre rebecca	9:45 am fitbarre lizz	9:15 am fitbarre marissa	9:45 am fitbarre rotates	10:00 am fitbarre traci
10:15 am bootcamp 2**		10:15 am bootcamp 2**		10:15 am bootcamp 2**		
6:00 pm fitbarre cardio lizz		6:00 pm fitbarre marissa		6:00 pm fitbarre carly		6:00 pm fitbarre carly
7:15 pm fitbarre lizz	6:30 pm fitbarre traci	7:15 pm fitbarre carly	6:30 pm fitbarre lauren			
	8:00 pm bootcamp 3**		8:00 pm bootcamp 3**		*must pre-register by 7pm the night before **must be pre-registered to 4 wk session to attend instructors subject to change	

fitbarre is an intense full body workout that uses small contractive movements to tone your body & lift your seat  
 fitbarre cardio fuses barre work with non-impact cardio exercises & light weight work for maximum fat burning  
 bootcamp involves multi jointed exercises, increasing & decreasing your heart rate using interval training

class pricing

1 class	\$20 each
5 classes	\$95 (\$19/ea)
10 classes	\$180 (\$18/ea)
15 classes	\$255 (\$17/ea)
20 classes	\$300 (\$15/ea)
1 month unlimited	\$175
teens/students	\$10 each



\$20 for 10 days!!! \*First time clients only

4 week BOOTCAMP classes offered 3x/week - \$199!  
 Please call to find out session dates & times

rules and regs

packages expire after 3 months and are non-refundable, non-exchangeable, and non-transferable ~ please wear pants, socks and keep midriff covered ~ please arrive on time for all classes ~ purses, cell phones, shoes, jackets and the like are not allowed in the classrooms