



# class schedule | SUMMER 2010

CLASSES BEGIN JUNE 1<sup>ST</sup> 2010 | ALL SUMMER CLASSES ARE DROP IN

## CLASS CARD DENOMINATIONS:

- 5 CLASS CARD \$65.00
- 10 CLASS CARD \$120.00
- 20 CLASS CARD \$200.00
- 60 CLASS CARD \$450.00

## TUESDAY

- 5:30-6:30pm Butts & Guts (*Ages 14+*)
- 6:30-7:30pm Groove (*Ages 14+*)
- 7:30-8:30pm Int/Adv Ballet (*Ages 12+*)
- 8:30-9:30pm Contemporary (*Ages 14+*)

## WEDNESDAY

- 5:30-6:30pm Essential Pilates (*Ages 14+*)\*\*
- 6:30-7:30pm Zumba (*Ages 14+*)
- 7:30-8:30pm Corporate Crunch (*Ages 14+*)
- 8:30-9:30pm Open Hip Hop (*Ages 14+*)

## THURSDAY

- 5:30-6:30pm BOSU Step (*Ages 14+*)
- 6:30-7:30pm Total Body Conditioning (*Ages 12+*)
- 7:30-8:30pm Int/Adv Jazz Technique (*Ages 12+*)
- 8:30-9:30pm Int/Adv Modern Technique (*Ages 12+*)

*\*\*This is an intermediate level class participants must have completed the Fundamental of Pilates course. Call to learn about registration for sessions running through the summer.*