

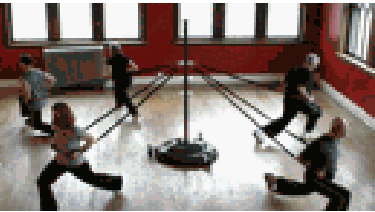
Affordable Personal Training



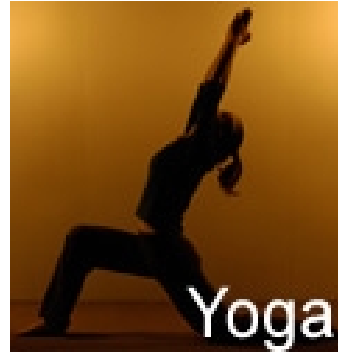
COACHED ELITE COACHED ELITE Fitness Training

Packages start at just
\$49 per month and includes
Elite Group Training (below) *FREE!*

Elite Group Training Elite Group Training



OsteoFit



Yoga



CROSS TRAINING

Monday	9:15 am	CorePole Pilates	Bonnie
	6:00 pm	Cross Training	Sean
Tuesday	6:00 pm	Hatha Yoga	Melanie
Wednesday	9:15 am	Gentle Yoga Stretch	Melanie
	6:00 pm	Cross Training	Sean
Friday	11:00 am	OsteoFit	Barbara
Saturday	9:00 am	Gentle Yoga Stretch	Melanie

Schedule Effective Tuesday, January 4, 2011