

Seriously FUN Fitness Indoor Group Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 AM - 6:30 AM		Head-to-Toe Conditioning *	Head-to-Toe Conditioning *	Head-to-Toe Conditioning *	Head-to-Toe Conditioning *		Workshops, Seminars & Special Events	
7:00 AM - 8:00 AM		Head-to-Toe Conditioning *	Head-to-Toe Conditioning *	Head-to-Toe Conditioning *	Head-to-Toe Conditioning *			
9:00 AM - 9:45 AM	<i>YogaFlow (9-10:15 am)</i>	Head-to-Toe EXPRESS*		Head-to-Toe EXPRESS*	<i>KickBox FIRE</i>	<i>YogaFlow (9-10:15 am)</i>		
10:30 AM -11:00 AM			<i>Mommy & Me Yoga (Sept - May)</i>					
12:15 PM - 1:00 PM		Head-to-Toe EXPRESS*		Head-to-Toe EXPRESS*				
Personal Training & Private Yoga Lessons Available (2 Session Minimum) Corporate Wellness Programs (at Our Location or Yours)								
4:30 PM - 5:15 PM	Head-to-Toe EXPRESS*	<i>KIDS Fitness (Sept - May)</i>	Head-to-Toe EXPRESS*	<i>KIDS Fitness (Sept - May)</i>	Head-to-Toe EXPRESS*			
5:45 PM - 6:45 PM	Head-to-Toe Conditioning *	Head-to-Toe Conditioning *	Head-to-Toe Conditioning *	Head-to-Toe Conditioning *				
7:00 PM - 8:00 PM	<i>KickBox FIRE</i>	<i>YogaFlow (7 - 8:15 pm)</i>	<i>KickBox FIRE</i>	<i>YogaFlow (7 - 8:15 pm)</i>				
8:00 PM - 9:00 PM	ZUMBA		ZUMBA					

PRICING INFORMATION:

Head-to-Toe Conditioning - 4 Weeks/ 4 x's Per Week	\$75*
Yoga + KickBox FIRE + Zumba- Unlimited Monthly	\$48
Yoga - 10 Class Card	\$80
KickBox FIRE / ZUMBA - 10 Class Card	\$50
KIDS Fitness/Mommy & Me - 10 Class Card	\$50
YogaFlow/Yoga for Healing Per Class Fee	\$12
KickBox FIRE / ZUMBA / KIDS Fitness Per Class Fee	\$ 7
Personal Training / Private Lessons in Studio	\$30

* Includes Yoga + KickBox FIRE + Zumba+ online membership
Head-to-Toe Conditioning runs 4 weeks on/1 week off. See website for a list of start dates.



www.SeriouslyFUNFitness.com

Seriously FUN Fitness

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Effective January 2017

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