

MJ Fitness Winter Schedule 2023 @ Miss Julie's

Effective 01/30/2023, schedule subject to change

CELEBRATING OUR 30th YEAR ~ MOVING BODIES AND MINDS SINCE 1993 ~ LET US MOVE YOU!

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
8:30 am Spin <u>Newbies:</u> Arrive 10 min early for intro. Bring water & a towel.	8:15 am YogaFlow 6:30 pm CardioDance WERQ	 6:30 pm Spin	8:15 am Spin 4:45–5:30 pm M S S: Mobility, Stability, Stretch extra fee \$35/5 weeks or \$10/drop-in	 5:30 pm Spin 6:30 pm Cardio KickBox	8:15 am Spin & Strength	8:15 am Pump Barbell

Offering Nutrition Coaching, Personal Training, Partner Training, Small Group Training, Corporate Wellness

Monthly Membership = \$60. / Each Additional Family Member +\$20. / Drop-in Fee = \$10. / Pay 3 months at a time = \$20. off

Personal Training Clients, Studio Parents, and Full Time College Students: Get \$20. off regular membership price

306 Front Street Roseto PA

Call or text Julie to schedule your FREE INTRO! (570)236-7116

MJ Fitness Winter Schedule 2023 @ Miss Julie's

Effective 01/30/2023, schedule subject to change

CELEBRATING OUR 30th YEAR ~ MOVING BODIES AND MINDS SINCE 1993 ~ LET US MOVE YOU!

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
8:30 am Spin <u>Newbies:</u> Arrive 10 min early for intro. Bring water & a towel.	8:15 am YogaFlow 6:30 pm CardioDance WERQ	 6:30 pm Spin	8:15 am Spin 4:45–5:30 pm M S S: Mobility, Stability, Stretch extra fee \$35/5 weeks or \$10/drop-in	 5:30 pm Spin 6:30 pm Cardio KickBox	8:15 am Spin & Strength	8:15 am Pump Barbell

Offering Nutrition Coaching, Personal Training, Partner Training, Small Group Training, Corporate Wellness

Monthly Membership = \$60. / Each Additional Family Member +\$20. / Drop-in Fee = \$10. / Pay 3 months at a time = \$20. off

Personal Training Clients, Studio Parents, and Full Time College Students: Get \$20. off regular membership price

306 Front Street Roseto PA

Call or text Julie to schedule your FREE INTRO! (570)236-7116