

Front Street Fitness Winter 2020 @ Miss Julie's

Effective 02/03/2020, schedule subject to change

CELEBRATING OVER 25 YEARS ~ 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>
9:30 am Spin <u>Newbies:</u> Arrive 10 min early for intro. Bring water & a towel.	8:15 am Yoga Flow (poses, strength, & stretch set to music) 7:00 pm H i i T (High Intensity Interval Training)	8:15 am Spin 7:00 pm Spin	7:00 pm Barre Fusion (full body toning class w barre & light weights)	4:00 pm Pilates (EXTRA FEE, members pay \$5, nonmembers pay \$10) 7:00 pm Spin	8:15 am Spin / Strength / Stretch	8:15 am Pump (Barbell Strength Training set to music)

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

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

306 Front Street Roseto PA