

Unique Physique

March 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	Fusion Every Sat 8:00 am
8:20-9:20 am	Burn/Firm Terri	Weight Training Jenni	Burn/Firm Terri	Yoga Jenni	Burn/Firm Terri	
4:15 – 5:15 pm	TONE & TIGHTEN Jenni	Yoga Jenni	TONE & TIGHTEN Jenni	Yoga Jenni		
						Fusion Every Sat 8:00 am
5:30-6:30 pm	ZUMBA Jessica	Cardio Combat Emily	TBA Emily	TBA Emily	Weight Training Terri	

Hours: Monday - Friday 7:00am-8:00pm
Saturday 8:00am-2:00pm

Childcare Hours: M-W-F 8:00am-10:00am
Monday – Friday 4:00pm - 6:45pm

Instructors

Jenni Powell: Ace Certified: Yoga Fit Certified
Emily Cunney: AFAA Certified
Jessica Farris: Zumba Certified
Terri Hughes: AFAA Certified

www.lavenderandlimesdayspa.com

Burn & Firm: *A mix of cardiovascular and strength training with free weights to tone and sculpt your "Unique Physique"!!*

Tone & Tighten: *Calculated moves that includes free weights with self-resistance to tone and tighten the body!!*

Yoga

Tightens & tones the entire body, enhances balance, improves flexibility and builds core strength by combining traditional fitness training, focused breathing and strength through yoga poses.

Cardio Combat

A Comprehensive high energy workout that exercises and tones all major muscle groups through kick boxing and aerobic techniques. Burns tons of calories!!!

Step Class

One of the most popular classes around, a low impact class that improves your cardio fitness and tones the entire body.

Combo

A combination of Step Class, Cardio Combat, and weight training – an awesome class... so get ready to burn tons of calories!!!!

Membership rates include all classes & childcare services.

Membership Rates:

A) Month to Month \$35.00 (no contract)

B) 6 month contract \$32.00

C) 12 month contract \$30.00

We have NO joining fee!

These are single member prices. We offer discounts for additional family members when they live in the same home.

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