

Unique Physique

June 2010 Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 AM	Full Body Challenge Terri Jenni Emily		Full Body Challenge Terri Jenni Emily		Full Body Challenge Terri Jenni Emily	FUSION 8:00 am
6:00 - 7:00 AM		Yoga Jenni		Yoga Jenni		
820 – 9:20 AM	Burn -n- Firm Terri		Burn -n- Firm Terri		Burn -n- Firm Terri	
4:15 – 5:15	Fat Blaster Emily	Cardio Combat Emily	Burn N Firm Emily	Sport Aerobics Emily	Open Gym	FUSION 8:00 am
5:30 - 6:30	Zumba Jessica					

479-996-9122

Hours: Monday – Thurs 7am-8pm Friday 7am-7pm

Saturday 8:00am-2:00pm

Childcare Hours: Monday, Wednesday, Friday 8:00am-10:30am

Monday -Friday 4:00pm-6:30pm

Instructors

Jenni Powell: Ace Certified; Yoga Fit Certified

Emily Cunney: AFAA Certified

Jessica Farris: Zumba Certified

Terri Hughes: AFAA Certified

GET UP! GET OUT! GET FIT!

www.lavenderandlimesdayspa.com

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

Full Body Challenge: *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!!!

Sport Aerobics

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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