

**JANUARY 2010 CLASS SCHEDULE**

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| <u><b>Monday</b></u>                           | <u><b>Tuesday</b></u>                   | <u><b>Wednesday</b></u>                          | <u><b>Thursday</b></u>                  | <u><b>Friday</b></u>  | <u><b>Saturday</b></u>                           |
|--|---|--|---|---|--|
| 4:00 – 5:00<br>Senior Fitness<br>With Patricia | 5:30 – 6:30<br>Yoga –<br>With Elizabeth | 12 – 1pm<br>Lunch time<br>Yoga with<br>Elizabeth | 5:30 – 6:30<br>Yoga –<br>With Elizabeth | 12 – 1<br>Lunch time<br>Yoga with<br>Elizabeth  | 10-11 Mat<br>Routine<br>Pilates<br>(Benny)(\$25) |
| 6:00-7:00<br>Beginners Belly<br>Dancing (\$15) | 6:30 – 7:30<br>Tai – Chi<br>With Sheela | 4:00 – 5:00<br>Senior Fitness<br>With Patricia   | 7-8 Zumba<br>With Benny                 | 6:30-9 Couples<br>Massage Class<br>1 <sup>st</sup> and 3 <sup>rd</sup><br>Friday of the<br>month. (\$100<br>Couple) Limited<br>to 5 couples a<br>session. | 12 – 1pm<br>Weekend Yoga<br>With Elizabeth       |
| 7:00-8:00<br>Advanced Belly<br>Dancing (\$15)  |   |  |   |   |  |



..... NEW  
LOCATION .....

951 E.G.MILES  
PARKWAY,  
HINESVILLE, GA  
31313

912-876-2206

½ HOUR SESSION = \$5 1 HOUR SESSION = \$10 OR BUY a CARD of 10 1 HOUR SESSION = \$75,

**BRING A FRIEND – GET ONE SESSION FREE**

\*\*\*PLEASE NOTE \*\*\* WE WELCOME ALL SUGGESTIONS REGARDING DAYS, TIMES AND TYPES OF CLASSES