

Embracing Fitness *for a lifetime*

Personal & Small Group Training, Group Classes, Workshops & Events!

	SUN	MON	TUES	WED	THUR	FRI	SAT
W o r k s h o p s & E v e n t s		8:30 am Kickbox/ Core		10:30 Gentle Strength Circuit		9:15 Strength training Circuit ZOOM OPTION	
				11:30 ZOOM ONLY Strength Circuit	10:45 am Mat Pilates ZOOM OPTION		11:00 Zumba 45 minutes
			5:30 pm Strength Training Circuit ZOOM OPTION				12:15 TRX/ Barre 45 minute Intensive
			6:30 Mat Pilates ZOOM OPTION	6:15 CARDIO Kickboxing 45 minutes	6:15 Strength Training Circuit		
	7:15 P90X Interval Benny		7:10 Yoga Vinyasa ZOOM OPTION Vinni				

Small Group Specialty Classes: Up to 7 participants. Class builds strength & core awareness, balance, flexibility, and confidence. Classes are paid quarterly, \$200 a season/quarter (10-12 classes per quarter)-runs consecutively throughout the year. Includes unlimited *** Group fitness classes. Monthly rate \$75. Drop in rate: \$20- (classes 60 minutes)

*****Group Fitness Classes:** Class size up to 10

\$125- 10 classes

\$200- 20 classes

\$60 Monthly, Unlimited Classes

Drop In Rates: \$15 per class

EmbracingFitness.com

973.477.2448