

AUGUST 2018

WWW.BELIEVENUFITNESS.COM

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FB page: BelieveN-U Fitness, LLC

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------|--|--|---|---|---|--|
| | | | <p>1 5:30am 30m cycle-Cory 9:30am UGI/Straps/SPIN</p> <p>6:00 UGI tone 6:30 SPIN 30 min 7:00 BootyBurn</p> | <p>2 5:30am <i>BodyShred-Cory</i> 6:15am <i>Outdoor Fitness-Track-Cory</i></p> <p>5:30 ZUMBA-Kim 6:30 Barbells&Dumbells-Kristen</p> | <p>3 5:30am 30m cycle-Cory 9:30am Spin/Tone-</p> | <p>4 <u>8am</u> Barbells/dumbbells-Amy (45min class) <u>8:45am</u> 45min SPIN-Fred</p> |
| <p>5 7:45am hour Spin-Cory</p> | <p>6 5:30am Cycle-Cory 9:30am Spin/Tone Michelle</p> <p>6:00 Barbell/Dumbbell 7:15pm I/O Bootcamp-Cory</p> | <p>7 5:30am <i>BodyShred-Cory</i> 6:15am <i>Outdoor Fitness-Track-Cory</i> <u>8:45am Gentle Hatha YOGA w/ Diana</u> 5:30 Zumba-Kim 6:30 RIP-Michelle 7:30 SPIN-TBA</p> | <p>8 5:30am 30m cycle-Cory 9:30am UGI/Straps/SPIN</p> <p>6:00 UGI tone 6:30 SPIN 30 min 7:00 BootyBurn</p> | <p>9 5:30am <i>BodyShred-Cory</i> 6:15am Outdoor fitness</p> <p>5:30 ZUMBA-Kim 6:30 Barbells&Dumbells-Kristen</p> | <p>10 5:30am 30m cycle-Cory 9:30am Spin/Tone-Cory</p> | <p>11 <u>8am</u> RIP Michelle (45min class) <u>8:45am</u> 45min SPIN-Fred</p> |
| <p>12 7:45am hour Spin-Cory</p> | <p>13 5:30am Cycle-Jill 9:30 Spin/Tone Michelle</p> <p>6:00 Barbell/Dumbbell 7:15pm I/O Bootcamp-Cory</p> | <p>14 5:30am <i>BodyShred-Cory</i> 6:15am Outdoor fitness <u>8:45am Gentle Hatha YOGA w/ Diana</u> 5:30 Zumba-Kim 6:30 RIP-Michelle 7:30 SPIN Cory</p> | <p>15 5:30am 30m cycle-Cory 9:30 UGI/Straps/SPIN</p> <p>6:00 UGI tone 6:30 SPIN 30 min 7:00 BootyBurn</p> | <p>16 5:30am <i>BodyShred-TBA</i> 6:15am Outdoor fitness Cory</p> <p>5:30 ZUMBA-Kim 6:30 Barbells&Dumbells-Kristen</p> | <p>17 5:30am 30m cycle-Jill 9:30am spin/tone-Cory</p> | <p>18 <u>8am</u> Barbells/dumbbells-Cory (45min class) <u>8:45am</u> 45min SPIN-Fred</p> |
| <p>19 7:45am hour Spin-Cory</p> | <p>20 5:30am Cycle-Jill 9:30am Spin/Tone Cory</p> <p>6:00 Barbell/Dumbbell 7:15pm I/O Bootcamp-TBA</p> | <p>21 5:30am <i>BodyShred-TBA</i> 6:15am <i>Outdoor Fitness-Track-TBA</i> <u>8:45am Gentle Hatha YOGA w/ Diana</u> 5:30 Zumba-Kim 6:30 RIP-TBA 7:30 SPIN Heather</p> | <p>22 5:30am 30m cycle-TBA 9:30am UGI/Straps/SPIN Cory</p> <p>6:00 UGI tone 6:30 SPIN 30 min 7:00 BootyBurn</p> | <p>23 5:30am <i>BodyShred-Cory</i> 6:15am Outdoor fitness</p> <p>5:30 ZUMBA-Kim 6:30 Barbells&Dumbells-Kristen</p> | <p>24 5:30am 30m cycle-Jill 9:30am spin/tone-</p> | <p>25 <u>8am</u> RIP Michelle (45min class) <u>8:45am</u> 45min SPIN-Fred</p> |

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|-------------------------------------|---|---|--|--|---|
| <p>26 7:45am hour Spin-Cory</p> | <p>27 5:30am Cycle-Jill 9:30am Spin/Tone Cory 6:00 Barbell/Dumbbell 7:15pm I/O Bootcamp-Cory</p> | <p>28 5:30am BodyShred-Cory 6:15am Outdoor Bootcamp-Track-Cory <u>8:45am Gentle Hatha YOGA w/ Diana</u> 5:30 Zumba-Kim 6:30 RIP-Michelle 7:30 SPIN Heather</p> | <p>29 5:30am 30m cycle-TBA 9:30am UGI/Straps/SPIN BACK TO SCHOOL 6:00 UGI tone 6:30 SPIN 30 min 7:00 BootyBurn</p> | <p>30 5:30am BodyShred-Cory 6:15am Outdoor fitness 5:30 ZUMBA-Kim 6:30 Barbells&Dumbbells-Kristen</p> | <p>31 5:30am 30m cycle-Jill 9:30am Spin/Tone-Cory</p> |
|-------------------------------------|---|---|--|--|---|

Cardiovascular Classes:

- Zumba (60 mins)
- SPIN(30 or 45 mins)
- BodyShred by Jillian Michaels
- Step & Tone

Toning Classes:

- Step & Tone (60 mins)
- UGI Tone (30 mins) (Cardio also)
- Zumba Toning (60 mins)
- Suspension (45 mins)
- RIP (barbell training)
- BodyShred by Jillian Michaels

CORE Toning Classes:

- UGI Tone (big medicine ball)

YOGA:

- Stretching & clearing your mind

Newbees first class is **FREE!**

RATES:

- \$60 per month unlimited classes
 - 3 month unlimited \$150.00
- \$30 per month unlimited for COLLEGE STUDENTS
- \$50 for a 10 class punch (good for 2 months)
- \$35 month unlimited for Seniors 64 plus
 - *Yoga is a separate cost!**
 - \$12 per class OR
 - \$60-6 class punch
 - Kids/Family Yoga \$5 per class

GRAB A GIFT CARD FOR A LOVED ONE!