

BelieveN-U Fitness, LLC BelieveNUFit@gmail.com

~ Empowering women to build confidence through a challenging group-fitness environment ~

Sign-Up for Classes on MINDBODY		724-272-6186	\$10 Drop-IN	\$55 Month Unlimited	\$50 10class (1m)	\$30 Seniors/Students
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am Cycle45	5:30am Cycle30	5:30am BodyShred30	5:30am Cycle30	5:30am ExpressBoxing	5:30am Cycle30	8:00am Bars/Dumbbells
					5:30am B/G/Gexpress	
	6:00am ExpressBoxing	6:00am Cycle30	6:00am B/G/GExpress	6:00am Cycle30		
		9:00am GentleHatha Yoga				9:00am RythmRide45
	9:30am Tone/Cardio		9:30am BoxCircuit60	9:30am RythmRide45	9:30am ToningCircuit	
	10:30am EasyRider		10:30am EasyRider		10:30am EasyRider	
	5:30pm Bars/Dumbbells	5:30pm EnduranceRide	5:30pm BoxingCircuit	5:30pm Zumba		
	6:30pm RythmRide45	6:30pm LiftwLabach	6:30pm RythmRide45	6:30pm Buttz,Gutz,Gunz		
	7:30pm RelaxTheMind		7:30pm BodyShred			

~Every 2nd Weekend of the Month ~ Integral YOGA with Phyllis~ Sunday at 6:00pm & Monday at 11:00am

ALL NEW MEMBERS RECEIVE A FREE ASSESSMENT~ Weigh in, measure and goal setting (be sure to book your apt)

ALL MEMBERS signing up for month unlimited will receive a 4 week FITNESS PLAN to track your success