



February

WWW.BELIEVENUFITNESS.COM

EMAIL: BelieveNUFIT@gmail.com-724-272-6186

FB page: BelieveN-U Fitness, LLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1 5:30am BodyShred-Cory <u>8:00am MixedHathayoga w/ Karen</u></p> <p>5:30 ZUMBA -Kim 6:30 CORE/Cycle fusion - Kim/Cory</p>	<p>2 5:30am Cycle/toner-C <u>NO 9:30am class</u></p>	<p>3 <u>8am</u> PowerCircuit 45min</p> <p>8:45am Cycle-Cory (Both classes 45min)</p>
<p>4 <u>NO Morning class-indoor cert going on</u></p> <p>6:30pm B/B/G&Cycle fusion w/Michelle</p>	<p>5 9:30am Cycle&Tone-Michelle</p> <p>5:30 BodyShred&CORE 45+min -Cory 6:30pm 45min Cycle</p>	<p>6 5:30am BodyShred-Cory  <u>7:30am Mindful Meditation-Diana</u> <u>8:45am Gentle Hatha YOGA w/ Diana</u> 5:30 Zumba-Michelle 6:45 45min RIP 7:30 30min Cycle-Heather</p>	<p>7 5:30am 30m cycle-Cory 9:30am Cycle/Tone-Cory</p> <p>5:30 Step/toner/Core-E 6:45 PowerCircuit 45-C 7:30 Cycle 45m-Cory</p>	<p>8 5:30am BodyShred-Cory <u>8:00am MixedHathayoga w/ Karen</u></p> <p>5:30 ZUMBA -Kim 6:30 CORE/Cycle fusion - Kim/Cory</p>	<p>9 5:30am Cycle/toner-C 9:30am Suspension Cory or Lisa</p>	<p>10 <u>8am</u> PowerCircuit 45min</p> <p>8:45am Cycle-Cory (Both classes 45min)</p>
<p>11 8am UGItone/Cycle fusion 60min</p> <p>6:30pm B/B/G&Cycle fusion w/Michelle</p>	<p>12 9:30am Spin&Tone-Michelle</p> <p>5:30 BodyShred&CORE 45+min -Cory 6:30pm 45min Cycle</p>	<p>13 5:30am BodyShred-Cory <u>8:45am Gentle Hatha YOGA w/ Diana</u></p> <p>5:30 Zumba-Michelle 6:45 45min RIP 7:30 30min Cycle-Heather</p>	<p>14 5:30am 30m cycle-Cory 9:30am Cycle/Tone-Cory</p>  <p>5:30 Step/toner/Core-E 6:45 PowerCircuit 45-C 7:30 Cycle 45m-Cory</p>	<p>15 5:30am BodyShred-Cory <u>8:00am MixedHathayoga w/ Karen</u></p> <p>5:30 ZUMBA -Kim 6:30 CORE/Cycle fusion - Kim/Cory</p>	<p>16 5:30am Cycle/toner-C 9:30am Suspension Cory or Lisa</p>	<p>17 <u>8am</u> PowerCircuit 45min</p> <p>8:45am Cycle-Cory (Both classes 45min)</p>
<p>18 8am UGItone/Cycle fusion 60min</p> <p>6:30pm B/B/G&Cycle fusion w/Michelle</p>	<p>19 9:30am Spin&Tone-Michelle **Presidents' Day**</p> <p>5:30 BodyShred&CORE 45+min -Cory 6:30pm 45min Cycle</p>	<p>20 5:30am BodyShred-Cory <u>8:45am Gentle Hatha YOGA w/ Diana</u></p> <p>5:30 Zumba-Michelle 6:45 45min RIP 7:30 30min Cycle-Heather</p>	<p>21 5:30am 30m cycle-Cory 9:30am Cycle/Tone-Cory</p> <p>5:30 Step/toner/Core-E 6:45 PowerCircuit 45-C 7:30 Cycle 45m-Cory</p>	<p>22 5:30am BodyShred-Cory <u>8:00am MixedHathayoga w/ Karen</u></p> <p>5:30 ZUMBA -Kim 6:30 CORE/Cycle fusion - Kim/Cory</p>	<p>23 5:30am Cycle/toner-C 9:30am Suspension Cory or Lisa</p>	<p>24 <u>8am</u> PowerCircuit 45min</p> <p>8:45am Cycle-Cory (Both classes 45min)</p>

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<p>25</p> <p>8am UGI tone/Cycle fusion 60min</p> <p>6:30pm B/B/G&Cycle fusion w/Michelle</p>	<p>26</p> <p>9:30am Spin&Tone-Michelle</p> <p>5:30 BodyShred&CORE 45+min -Cory 6:30pm 45min Cycle</p>	<p>27</p> <p>5:30am <i>BodyShred-Cory</i> <u>8:45am Gentle Hatha</u> <u>YOGA w/ Diana</u></p> <p>5:30 Zumba-Michelle 6:45 45min RIP 7:30 30min Cycle-Heather</p>	<p>28</p> <p>5:30am 30m cycle-Cory 9:30am Cycle/Tone-Cory</p> <p>5:30 Step/tone/Core-E 6:45 PowerCircuit 45-C 7:30 Cycle 45m-Cory</p>		
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Cardiovascular Classes:

- Zumba (60 mins)
- Zumba Toning (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
- \$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!