

January

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</p> <p>Happy New Year 2018</p>	<p>2</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 SPIN Heather</p>	<p>3</p> <p>5:30am SPIN/toner-C 9am Spin-Wendy</p> <p>5:30 Step/toner/Core-E 6:45 PowerCircuit 45-C 7:15 Spin 45min-Cory</p>	<p>4</p> <p>5:30am <i>BodyShred-Cory</i> <u>8:00am MixedHathayoga</u> <u>w/ Karen</u></p> <p>5:30 ZUMBA -Kim 6:30 Complete CORE/SPIN fusion - Kim/Cory</p>	<p>5</p> <p>5:30am30mins SPIN-C</p>	<p>6</p> <p><u>8am</u> PowerCircuit 45min</p> <p><u>8:45am</u> Spin-Cory (Both classes 45min)</p>
<p>7</p> <p>NO Morning class yet</p> <p>6:30pm B/B/G&Spin fusion w/Michelle</p>	<p>8</p> <p>9:30am Spin&Tone-Michelle</p> <p>5:30 BodyShred&CORE 45min -Cory 6:30 SPIN/stretch/relax 60m</p>	<p>9</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 SPIN Heather</p>	<p>10</p> <p>5:30am SPIN/toner-C 9am Spin-Wendy</p> <p>5:30 Step/toner/Core-E 6:45 PowerCircuit 45-C 7:15 Spin 45min-Cory</p>	<p>11</p> <p>5:30am <i>BodyShred-Cory</i> <u>8:00am MixedHathayoga</u> <u>w/ Karen</u></p> <p>5:30 ZUMBA -Kim 6:30 Complete CORE/SPIN fusion - Kim/Cory</p>	<p>12</p> <p>5:30am30mins SPIN-C</p>	<p>13</p> <p><u>8am</u> PowerCircuit 45min</p> <p><u>8:45am</u> Spin-Cory (Both classes 45min)</p>
<p>14</p> <p>8am UGItoner/SPIN fusion 60min</p> <p>6:30pm B/B/G&Spin fusion w/Michelle</p>	<p>15</p> <p>9:30am Spin&Tone-Michelle</p> <p>5:30 BodyShred&CORE 45min -Cory 6:30 SPIN/stretch/relax 60m</p>	<p>16</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 SPIN Heather</p>	<p>17</p> <p>5:30am SPIN/toner-C 9am Spin-Wendy</p> <p>5:30 Step/toner/Core-E 6:45 PowerCircuit 45-C 7:15 Spin 45min-Cory</p>	<p>18</p> <p>5:30am <i>BodyShred-Cory</i> <u>8:00am MixedHathayoga</u> <u>w/ Karen</u></p> <p>5:30 ZUMBA -Kim 6:30 Complete CORE/SPIN fusion - Kim/Cory</p>	<p>19</p> <p>5:30am30mins SPIN-C</p>	<p>20</p> <p><u>8am</u> PowerCircuit 45min</p> <p><u>8:45am</u> Spin-Cory (Both classes 45min)</p>
<p>20</p> <p>8am UGItoner/SPIN fusion 60min</p> <p>6:30pm B/B/G&Spin fusion w/Michelle</p>	<p>21</p> <p>9:30am Spin&Tone-Michelle</p> <p>5:30 BodyShred/CORE 45min -Cory 6:30 SPIN/stretch/relax 60m</p>	<p>22</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 SPIN Heather</p>	<p>23</p> <p>5:30am SPIN/toner-C 9am Spin-Wendy</p> <p>5:30 Step/toner/Core-E 6:45 PowerCircuit 45-C 7:15 Spin 45min-Cory</p>	<p>24</p> <p>5:30am <i>BodyShred-Cory</i> <u>8:00am MixedHathayoga</u> <u>w/ Karen</u></p> <p>5:30 ZUMBA -Kim 6:30 Complete CORE/SPIN fusion - Kim/Cory</p>	<p>25</p> <p>5:30am30mins SPIN-C</p>	<p>26</p> <p><u>8am</u> PowerCircuit 45min</p> <p><u>8:45am</u> Spin-Cory (Both classes 45min)</p>

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<p>27</p> <p>8am UGI tone/SPIN fusion 60min</p> <p>6:30pm B/B/G&Spin fusion w/Michelle</p>	<p>28</p> <p>9:30am Spin&Tone-Michelle</p> <p>5:30 BodyShred&CORE 45min -Cory 6:30 SPIN/stretch/relax 60m</p>	<p>29</p> <p>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 SPIN Heather</p>	<p>30</p> <p>5:30am SPIN/tone-C 9am Spin-Wendy</p> <p>5:30 Step/tone/Core-E 6:45 PowerCircuit 45-C 7:15 Spin 45min-Cory</p>	<p>31</p> <p>5:30am BodyShred-Cory <u>8:00am MixedHathayoga w/ Karen</u></p> <p>5:30 ZUMBA -Kim 6:30 Complete CORE/SPIN fusion - Kim/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!