

JUNE 2018

WWW.BELIEVENUFITNESS.COM

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FB page: BelieveN-U Fitness, LLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	I/O=Indoor/Outdoor Class will be at the track. Bad weather it will be in studio. ☒				1 5:30am 30m cycle-Jill 5:30am UGI-Cory 9:30am 45min toning w/ straps	2 <u>8am</u> RIP-Michelle (45min class) <u>8:45am</u> 45min SPIN-Fred
3 NO MORNING CLASS- Daughters recital 6:30pm BG&Gcombo-Michelle	4 5:30am Cycle-Jill 9:30am Spin/Tone Michelle 6:00 StrengthTraining-45min Cory 7:15pm I/O Bootcamp-Cory (\$10 for non-members)	5 5:30am <i>BodyShred-Cory</i> <i>7:30am Mindful Meditation-Diana</i> <u>8:30am Gentle Hatha YOGA w/ Diana</u> 5:30 45min SPIN-Cory 6:30 RIP 7:30 Spin - Heather	6 5:30am 30m cycle-Cory 9:30am Suspension/Cycle 6:00 Cardio/Tone-Cory 7:15pm I/O Bootcamp-Cory (\$10 for non-members)	7 5:30am <i>BodyShred-Cory</i> 5:30 ZUMBA -Kim 6:30 PiYo -Kim	8 5:30am 30m cycle-Jill 5:30am UGI-Cory 9:30am 45min toning w/ straps	9 <u>8am</u> Barbells&Dumbells-Cory (45min class) <u>8:45am</u> 45min SPIN-Fred
10 8am Spin/Tone 60min-Cory 6:30pm BG&Gcombo-Michelle	11 5:30am Cycle-Jill 9:30am Spin/Tone Michelle 6:00 StrengthTraining-45min Cory 7:15pm I/O Bootcamp-Cory	12 5:30am <i>BodyShred-Cory</i> <u>8:30am Gentle Hatha YOGA w/ Diana</u> 5:30 45min SPIN-Cory 6:30 RIP 7:30 Spin - Heather	13 5:30am 30m cycle-Cory 9:30am Straps/Cycle 6:00 Cardio/Tone-Cory 7:15pm I/O Bootcamp-Cory	14 5:30am <i>BootyCamp-Cory</i> 5:30 ZUMBA -Kim 6:30 PiYo -Kim	15 5:30am 30m cycle-Jill 5:30am UGI-Cory 9:30am 45min toning w/ straps	16 <u>8am</u> RIP-Michelle (45min class) <u>8:45am</u> 45min SPIN-Fred
17 8am Spin/Tone 60min-Cory 6:30pm BG&Gcombo-Michelle	18 5:30am Cycle-Jill 9:30am Spin/Tone Michelle 6:00 StrengthTraining-45min Cory 7:15pm I/O Bootcamp-Cory	19 5:30am <i>BodyShred-Cory</i> 6:30am <i>Outdoor Bootcamp-Track-Cory</i> <u>8:30am Gentle Hatha YOGA w/ Diana</u> 5:30 45min SPIN-Cory 6:30 RIP 7:30 Spin - Heather	20 5:30am 30m cycle-Cory 9:30am Suspension/Cycle 6:00 Cardio/Tone-Cory 7:15pm I/O Bootcamp-Cory	21 5:30am <i>BootyCamp-Cory</i> 6:30am <i>Outdoor Bootcamp-Track-Cory</i> 5:30 ZUMBA -Kim 6:30 PiYo -Kim	22 5:30am 30m cycle-Jill <u>5:30am UGI-Cory</u> 9:30am 45min toning w/ straps	23 <u>8am</u> Barbells/Dumbells-Cory (45min class) <u>8:45am</u> 45min SPIN-Fred

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<p>24 8am Spin/Tone 60min-Cory</p> <p>6:30pm BG&Gcombo- Michelle</p>	<p>25 5:30am Cycle-Jill 9:30am Spin/Tone Michelle</p> <p>6:00 StrengthTraining- 45min Cory 7:15pm I/O Bootcamp- Cory</p>	<p>26 5:30am BodyShred-Cory 6:30am Outdoor Bootcamp-Track-Cory <u>8:30am Gentle Hatha</u> <u>YOGA w/ Diana</u></p> <p>5:30 45min SPIN-Cory 6:30 RIP 7:30 Spin - Heather</p>	<p>27 5:30am 30m cycle-Cory 9:30- UGI/Straps/Spin</p> <p>6:00 Cardio/Tone-Cory 7:15pm I/O Bootcamp- Cory</p>	<p>28 5:30am BootyCamp-Cory 6:30am Outdoor Bootcamp-Track-Cory</p> <p>5:30 ZUMBA -Kim 6:30 PiYo -Kim</p>	<p>29 5:30am 30m cycle-Jill 5:30am UGI-Cory</p> <p>9:30am 45min toning w/ straps</p>	<p>30</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
 - 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
