


March

WWW.BELIEVENUFITNESS.COM

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

FB page: BelieveN-U Fitness, LLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 5:30am BodyShred-Cory <u>8:00am MixedHathayoga w/ Karen</u> 5:30 ZUMBA -Kim 6:30 CORE/Cycle fusion - Kim/Jill	2 5:30am 30m cycle-Cory 9:30am Suspension Cory or Lisa	3 <u>8am</u> Dumbbells/Barbells 45min-CORY <u>8:45am</u> 45min SPIN-Cory
4 8am UGITone/Spin-Cory 6:30pm Buttz/Gutz/Gunz-Michelle	5 5:30am Cycle-Jill 9:30amSpin/Tone Michelle 5:30 BodyShred&CORE 45+min -Cory 6:30pm 45min Cycle Cory	6 5:30am BodyShred-Cory  7:30am Mindful Meditation-Diana <u>8:45am Gentle Hatha YOGA w/ Diana</u> 5:30 Zumba-Michelle 6:45 45min RIP-M 7:30 30min Cycle-Heather	7 5:30am 30m cycle-Cory 9:30am Cycle//Tone-Cory 5:30 Step/tone/Core-E 6:45 PowerCircuit 45min DOUG/CORY 7:30 Cycle 45 -Cory	8 5:30am BodyShred-Cory <u>8:00am MixedHathayoga w/ Karen</u> 5:30 ZUMBA -Kim 6:30 CORE/Cycle fusion - Kim/Jill	9 5:30am 30m cycle-Cory 9:30am Suspension Cory or Lisa	10 <u>8am</u> RIP 45min-Michelle <u>8:45am</u> 45min SPIN-Fred
11 8am UGITone/Spin-Cory 6:30pm Buttz/Gutz/Gunz-Michelle	12 5:30am Cycle-Jill 9:30amSpin/Tone Michelle 5:30 BodyShred&CORE 45+min -Cory 6:30pm 45min Cycle Cory	13 5:30am BodyShred-Cory <u>8:45am Gentle Hatha YOGA w/ Diana</u> 5:30 Zumba-Michelle 6:45 45min RIP 7:30 30min Cycle-Heather	14 5:30am 30m cycle-Cory 9:30am Cycle/Tone-Cory 5:30 Step/tone/Core-E 6:45 PowerCircuit 45min CORY 7:30 Cycle 45 -Cory	15 5:30am BodyShred-Cory <u>8:00am MixedHathayoga w/ Karen</u> 5:30 ZUMBA -Kim 6:30 CORE/Cycle fusion - Kim/Jill	16 5:30am 30m cycle-Cory 9:30am Suspension Cory or Lisa	17 <u>8am</u> Dumbbells/Barbells 45min-CORY <u>8:45am</u> 45min SPIN-Fred
18 8am UGITone/Spin-Cory 6:30pm Buttz/Gutz/Gunz-Michelle	19 5:30am Cycle-Jill 9:30amSpin/Tone Michelle 5:30 BodyShred&CORE 45+min -Cory 6:30pm 45min Cycle Cory	20 5:30am BodyShred-Cory <u>8:45am Gentle Hatha YOGA w/ Diana</u> 5:30 Zumba-Michelle 6:45 45min RIP 7:30 30min Cycle-Heather	21 5:30am 30m cycle-Cory 9:30am Cycle/Tone-Cory 5:30 Step/tone/Core-E 6:45 PowerCircuit 45min DOUG/CORY 7:30 Cycle 45-Cory	22 5:30am BodyShred-Cory <u>8:00am MixedHathayoga w/ Karen</u> 5:30 MIXXEDFIT DEMO- Casey 6:30 CORE/Cycle fusion Cory/Jill	23 5:30am 30m cycle-Cory 9:30am Suspension Cory or Lisa	24 <u>8am</u> RIP 45min-Michelle <u>8:45am</u> 45min SPIN-Fred

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<p>25</p> <p>8am UGITone/ Spin-Cory</p> <p>6:30pm Buttz/Gutz/Gunz- Michelle</p>	<p>26</p> <p>5:30am Cycle-Jill</p> <p>9:30am Spin/Tone Michelle</p> <p>5:30 BodyShred&CORE 45+min -Cory</p> <p>6:30pm 45min Cycle Cory</p>	<p>27</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 Cycle-Heather</p>	<p>28</p> <p>5:30am 30m cycle-Cory</p> <p>9:30am Cycle/Tone-Cory</p> <p>5:30 Step/tone/Core-E 6:45 PowerCircuit 45min CORY 7:30 Cycle 45 -Cory</p>	<p>29</p> <p>5:30am BodyShred-Cory <u>8:00am MixedHathayoga w/ Karen</u></p> <p>5:30 ZUMBA -Kim 6:30 CORE/Cycle fusion - Kim/Jill</p>	<p>30</p> <p>5:30am 30m cycle- Cory</p> <p>NO 9:30 class</p> <p>GOOD FRIDAY</p>	<p>31</p> <p>Happy Easter NO Saturday OR Sunday Classes</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!