

May

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 🧘 7:30am Mindful Meditation-Diana 8:45am Gentle Hatha YOGA w/ Diana 5:30 Zumba-Michelle 6:30 RIP-M 7:30 Cycle30min-Heather</p>	<p>2 5:30am 30m cycle-Cory 9:30am Suspension/Cycle 5:30 Step/tone/Core-E 6:45 30BootyBurn/30Spin</p>	<p>3 5:30am BodyShred-Cory 5:30 ZUMBA -Kim 6:30 PiYo -Kim</p>	<p>4 5:30am 30m cycle-Jill 5:30am Tone-Cory 9:30am 45min toning w/ straps</p>	<p>5 <u>8am</u> Barbells&Straps-Cory (45min class) <u>8:45am</u> 45min SPIN-Fred</p>
<p>6 No morning Sunday class 6:30pm Buttz/Gutz/Gunz-Michelle</p>	<p>7 5:30am Cycle-Jill 9:30amSpin/Tone Michelle 5:30 Shred/tone/CORE-Cory 6:30pm Cycle-Cory</p>	<p>8 5:30am BodyShred-Cory 8:45am Gentle Hatha YOGA w/ Diana 5:30 Zumba-Michelle 6:30 RIP-M 7:30 Cycle30min-Heather</p>	<p>9 5:30am 30m cycle-Cory 9:30am Suspension/Cycle 5:30 Step/tone/Core-TBA 6:45 30BootyBurn/30Spin</p>	<p>10 5:30am BodyShred-Cory 5:30 ZUMBA -Kim 6:30 PiYo -Kim</p>	<p>11 5:30am 30m cycle-Jill 5:30am Tone-Cory 9:30am 45min toning w/ straps</p>	<p><u>12</u> <u>8am</u> RIP-Michelle (45min class) <u>8:45am</u> 45min SPIN-Fred</p>
<p>13 8am 45min Spin/core-Cory 6:30pm Buttz/Gutz/Gunz-Michelle</p>	<p>14 5:30am Cycle-Jill 9:30amSpin/Tone Michelle 5:30 Shred/tone/CORE-Cory 6:30pm Cycle-Cory</p>	<p>15 5:30am BodyShred-Cory 8:45am Gentle Hatha YOGA w/ Diana 5:30 Zumba-Michelle 6:30 RIP 7:30 Cycle30min-Heather</p>	<p>16 5:30am 30m cycle-Cory 9:30am Straps/Cycle 5:30 Step/tone/Core-TBA 6:45 30BootyBurn/30Spin</p>	<p>17 5:30am BodyShred-Cory 5:30 ZUMBA -Kim 6:30 PiYo -Kim</p>	<p>18 5:30am 30m cycle-Jill 5:30am Tone-Cory 9:30am 45min toning w/ straps</p>	<p>19 <u>8am</u> Barbells&Straps-Cory (45min class) <u>8:45am</u> 45min SPIN-Fred</p>
<p>20 8am 45min Spin/core-Cory 6:30pm Buttz/Gutz/Gunz-Michelle</p>	<p>21 5:30am Cycle-Jill 9:30amSpin/Tone Michelle 5:30 Shred/tone/CORE-Cory 6:30pm Cycle-Cory</p>	<p>22 5:30am BodyShred-Cory 8:45am Gentle Hatha YOGA w/ Diana 5:30 Zumba-Michelle 6:30 RIP 7:30 Cycle30min-Heather</p>	<p>23 5:30am 30m cycle-Cory 9:30am Straps/Cycle 5:30 Step/tone/Core-E 6:45 30BootyBurn/30Spin</p>	<p>24 5:30am BodyShred-Cory 5:30 ZUMBA -Kim 6:30 PiYo -Kim</p>	<p>25 5:30am 30m cycle-Jill 5:30am Tone-Cory 9:30am 45min toning w/ straps</p>	<p>26 <u>8am</u> RIP-Michelle (45min class) <u>8:45am</u> 45min SPIN-Fred</p>

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27 8am 45min Spin/core-Cory 6:30pm Buttz/Gutz/Gunz-Michelle	28 5:30am Cycle-Jill 9:30am Spin/Tone Michelle 5:30 Shred/tone/CORE-Cory 6:30pm Cycle-Cory	29 5:30am BodyShred-Cory <u>8:45am Gentle Hatha</u> <u>YOGA w/ Diana</u> 5:30 Zumba-Michelle 6:30 RIP 7:30 Cycle30min-Heather	30 5:30am 30m cycle-Cory 9:30am Straps/Cycle 5:30 Step/tone/Core-E 6:45 30BootyBurn/30Spin	31 5:30am BodyShred-Cory 5:30 ZUMBA -Kim 6:30 PiYo -Kim		
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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!