



# BelieveN-U Fitness, LLC



www.believenufitness.com 724-272-6186 LIKE us on Facebook

<b>SPIN ROOM</b>	<b>GROUP FITNESS ROOM</b>
<p><u>MONDAY'S</u> 5:30am Spin -Cory 9:30am 30Spin/30UGI Tone-Cory  6:30PM 45min Spin -Cory</p>	<p><u>MONDAY's</u> 5:30am Step/Tone-Erika 45min 9:30am 30Spin/30UGI Tone  5:45pm Barbells/Dumbbells-Cory</p>
<p><u>TUESDAY's</u>  4:15pm SPIN-Cory 30min 7:30pm 30min Cycle Burn-Heather</p>	<p><u>TUESDAY's</u> 5:30am BodyShred-Cory 8:45am Gentle Hatha YOGA-Diana  5:30pm ZUMBA-Kim 6:30pm Get Toned- Kristen</p>
<p><u>WEDNESDAY's</u> 5:30am Spin- Cory  6:30PM 45min Spin -Cory</p>	<p><u>WEDNESDAY's</u>  9:30am Toning Circuit-Cory  4:15pm RIP-Heather 5:45pm Barbells/Dumbbells-Cory</p>
<p><u>THURSDAY's</u>  7:30pm 30min Cycle-Darci</p>	<p><u>THURSDAY's</u> 5:30am BodyToning-Erika 45min  4:15pm BodyShred-Cory-30min. 5:30pm ZUMBA-Kim 6:30pm BodyToning mashup- Darci</p>
<p><u>FRIDAY's</u> 5:30AM SPIN-Jill</p>	<p><u>FRIDAY's</u> 5:30AM UGITone-Cory 9:30am 20SPIN/20tone/20Core&amp;Stretch Circuit-Cory</p>
<p><u>SATURDAY's</u> 9:00am Spin-Fred or Cory</p>	<p><u>SATURDAY's</u> 8:00am Barbells/Dumbbells-Cory</p>
<p><u>SUNDAY's</u> 7:45am 60min Toning Cycle</p>	<p><u>SUNDAY's</u>  10:30am KettleBell Class with Tom-extra cost come check it out.</p>

First Class Free  
\$10.00 Drop In

\$35.00 Student Rate unlimited  
\$35.00 Seniors 63+

\$50.00 for 10 classes  
\$60.00 Month Unlimited