

M	T	W	TH	F	S
7:00 AM STRENGTH FUSION	7:00 AM POWER WALK	7:00 AM STRENGTH FUSION	7:00 AM POWER WALK	7:00 AM STRENGTH FUSION	8:00 AM ABS/BUTT & CORE
8:20 AM 70 min. POWER WALK	8:00 AM STRENGTH FUSION	8:20 AM 70 min. POWER WALK	8:00 AM STRENGTH FUSION	8:20 AM 70 min. POWER WALK	9:30 AM ABS/BUTT & CORE / YOGA BLEND
9:30 AM STRENGTH FUSION	9:30 AM STRENGTH FUSION	9:30 AM STRENGTH FUSION	9:30 AM STRENGTH FUSION	9:30 AM STRENGTH FUSION	
*5:00 PM POWER WALK 30 min.	5:00 PM POWER WALK 30 min.	*5:00 PM POWER WALK 30 min	5:00 PM POWER WALK 30 min.	*5:00 PM POWER WALK 30 min.	SUNDAY:
*5:30 PM STRENGTH FUSION	5:30 PM STRENGTH FUSION	*5:30 PM STRENGTH FUSION	5:30 PM STRENGTH FUSION	*5:30 PM STRENGTH FUSION	
*7:00 PM STRENGTH FUSION	7:00 PM STRENGTH FUSION	*7:00 PM STRENGTH FUSION	7:00 PM STRENGTH FUSION	*7:00 PM STRENGTH FUSION	**9:30 AM 10 KM/HALF MARATHON TRAINING SERIES FOR WALKERS &/OR RUNNERS

* No evening walks or classes on Fridays

** Please note this is only offered several time a years, please check for start dates!

PLEASE NOTE CLASS TIME MAY CHANGE AND NEW CLASSES WILL BE ADDED UPON REQUEST WITH A MINIMUM OF 5 PARTICIPANTS. CLASS SIZE IS 8 MAX. IF YOU MISS YOUR SCHEDULED CLASS YOU ARE ENCOURAGED TO MAKE UP THE CLASS IN ANOTHER TIME IF THERE IS ROOM.

EACH CLASS IS 75 MIN LONG, PARTICIPANTS ARE ENCOURAGED TO ARRIVE 1/2HR EARLY AND PARTAKE IN A GROUP WALK OR RUN.

PRIVATE TRAINING SESSIONS ARE 1HR OR 1 1/2HR. THEY CAN BE IN OUR GARDEN STUDIO, YOUR HOME, AND OFFICE OR HOTEL ROOM. WE SUPPLY THE EQUIPMENT. YOGA PARTICIPANTS NEED TO BRING THEIR OWN YOGA MATS, BUT THERE ARE EXTRA IN THE STUDIO IF YOU WANT TO TRY OUT YOGA WITHOUT COMMITTING TO PURCHASING A MAT.