

January & February 2022
COREEN WOZNIAK'S BALANCED FITNESS LLC

January 3rd– February 19th 2022

Studio & Zoom (see details below) For zoom details please contact Coreen

Follow us on Facebook or check out our website www.BalFitness.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am-6:30 am		Studio & Zoom Tabata w/Coreen Multi-Level Class			Studio & Zoom Tabata w/Coreen Multi-Level Class	
6:00 am-6:30 am			Zoom Only Intense Strength w/ Coreen			
7:30 am-8:30 am						Studio Only Sculpt w/Rachel Multi-Level Class
NEW Time 8:00 am-9:00 pm	Studio & Zoom Tabata w/ Coreen Multi-Level Class					
8:30 am-9:30 am			Studio & Zoom Warm Yoga w/ Coreen Multi-Level class			
8:45 am-9:30 am						Studio Only Zumba w/ Mary Ellen
NEW Time 9:30 am-10:00 am	Studio & Zoom Senior Fitness					
9:45 am-10:45 am						Studio & Zoom Vitality Yoga w/ Mary Ellen Multi-Level Class
5:00 pm-6:00 pm		Studio & Zoom Hatha Yoga w/ Monica Multi- Level Class				

5:45 pm- 6:45 pm	Studio only Bootcamp w/Coreen Multi-Level Class			Studio only PIYO w/ Rachel Multi-Level Class		
6:15 pm- 7:15 pm			Studio Only Warm POWER Yoga w/ Cindy			
7:00 pm- 8:00 pm	Studio Only Warm Yoga w/ Coreen			Studio & Zoom Yoga w/ Mary Ellen Multi-Level Class		

7-week session

In-person classes: 1 class per week \$80 2 classes per week \$140 3 classes per week \$180

We accept cash, check or credit card. If using credit card please add \$5 to each fee.

ALL payments due prior to deadline of December 30th 2021

No refunds or credits for missed classes.

Make ups are allowed in any class that has room during the same session

Drop in \$15 per class (Cash or Check only)