

COREEN WOZNIAK'S BALANCED FITNESS, LLC

April 10th - July 1st 12-week session

April 10th - June 17th 10-week session

April 10th - May 27th 7-week session

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am- 6:30 am		Studio & Zoom Tabata Mix Up /Coreen		Studio & Zoom Tabata Mix Up /Coreen		
6:00 am- 6:30 am			Studio & Zoom Strength, Tone & Core w/ Coreen			
7:30 am- 8:30 am						Sculpt w/ Rachel
New Time 7:00 am- 8:00 am	Studio & Zoom Interval Zone w/ Coreen					
New Time 8:00 am- 9:00 am			Power Yoga w/ Coreen		BARRE ABOVE w/ Amber	
New Time 8:45 am- 9:15 am	Senior or Beginner Fitness \$5/ class					
9:45 am- 10:45 am						Studio & Zoom Vitality Yoga w/ Mary Ellen
4:30 pm - 5:30 pm	BARRE ABOVE w/Amber			Gentle Hatha Yoga w/ Monica		
5:00 pm- 6:00 pm		Studio & Zoom Gentle Hatha Yoga w/ Monica	Beginner Jazz** Grades K-6 w/ Rachel F.			
5:45 pm- 6:45 pm	Interval Zone w/Coreen			Cardio Burn, Tone & Stability w/ Rachel		
7:00 pm- 8:00 pm	Power Yoga w/ Coreen			Studio & Zoom Yoga w/ Mary Ellen		

All make ups must be completed in the session you attend, not carried over

Studio & Zoom for details please contact Coreen

No outside shoes on studio floor. All shoes must be clean & carried in for class.

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

Fitness classes only		7-week session		April 10th- May 27 th	
1 Class/ Week	2 Classes/ Week	3 Classes/ Week	Unlimited		
\$84.00	\$145.00	\$184.00	\$228.00		

Fitness classes only		10-week session		April 10th- June 17 th	
1 Class/ Week	2 Classes/ Week	3 Classes/ Week	Unlimited		
\$120.00	\$206.00	\$263.00	\$316.00		

Fitness classes only		12-week session		April 10th-July 1 st	
\$\$ Save when you sign up for 12 weeks \$\$					
1 Class/ Week	2 Classes/ Week	3 Classes/ Week	Unlimited		
\$140.00	\$243.00	\$309.00	\$358.00		

Early discount when you pay by March 27 th (Discount on 12 Week session only)					
1 Class/ Week	2 Classes/ Week	3 Classes/ Week	Unlimited		
\$134.00	\$232.00	\$298.00	\$346.00		

No outside shoes on studio floor. All shoes must be clean & carried in for class.					
Kids Dance Lessons	**Not included in fitness class pricing. This is a progressive class no drop ins	6-weeks \$84	April 12th, 19th, 26th May 3rd,10th, & 17th	Ask about our kids summer camp!	
Adult Jazz Lessons	**Not included in fitness class pricing. This is a progressive class no drop ins	6-weeks \$84	April 12th, 19th, 26th May 3rd,10th, & 17th		
	Adult Tap Lessons	Tap shoes required			
Adult Tap Lessons	**Not included in fitness class pricing. This is a progressive class no drop ins	6-weeks \$84	April 12th, 19th, 26th May 3rd,10th, & 17th	Tap will resume in Sept.	

Sign up for Adult Jazz & Tap for one low price: \$145.00 (6 weeks)
Add Power Yoga Monday or Wednesday or Saturday Yoga & save more: \$212.00
 (All 3 classes: Jazz, Tap 6 weeks & Power Yoga/Yoga 7 weeks)

We accept cash, check or credit card. If using credit card please contact Coreen. *We are waving the credit card fees for 2023!* No refunds, credits or hold on payment for missed classes, medical absences or other. Session classes are nonrefundable & nontransferable.

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