

# COREEN WOZNIAK'S BALANCED FITNESS, LLC

**Sept 11<sup>th</sup> -December 16<sup>th</sup>      14-week session**

**Sept 11th -October 28th      7-week session**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am - 6:30 am		Sweatbox! w/Coreen Studio & Zoom		Sweatbox! w/Coreen Studio & Zoom		
NEW TIME! 6:00 am - 7:00 am	Body Rockin Barre Fusion (BRBF) w/ Coreen		Cut & Core w/ Coreen 6:00 – 6:30 am Studio & Zoom			
7:30 am - 8:30 am						Total Tone w/ Rachel
8:00 am - 9:00 am			Strong & Centered (Fusion Yoga) w/ Coreen <small>(Warm Yoga November)</small>		BARRE ABOVE w/ Amber	
8:45 am - 9:30 am						Zumba w/ Mary Ellen
9:00 am - 9:30 am	Sassy Strong Seniors w/Coreen \$5/ class					
9:45 am- 10:30 am	NEW!!! Chair Yoga w/ Coreen <small>(Starts 11/6 Runs 4 weeks) \$48</small>					
9:45 am - 10:45 am						Vitality Yoga w/ Mary Ellen Studio & Zoom
4:30 pm - 5:30 pm	BARRE ABOVE w/Amber	Hatha Yoga w/ Monica Studio & Zoom	NEW!!! Cardio Jazz w/Krisan	Hatha Yoga w/ Monica		
5:45 pm - 6:45 pm	Sweatbox! w/Coreen		Lean Muscles w/Krisan	Cardio Burn, Tone & Stability w/ Rachel		
7:00 pm - 8:00 pm	Strong & Centered (Fusion Yoga) w/ Coreen <small>(Warm Yoga November)</small>			Mindful in Motion Yoga w/ Mary Ellen Studio & Zoom		

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](http://www.BalFitness.com)

**NO CLASSES THANKSGIVING DAY PLEASE DO A MAKE UP CLASS**

<b>Fitness classes only</b>			
<b>7-week session</b>		<b>Sept 11<sup>th</sup> -October 28<sup>th</sup></b>	
1 Class/ Week	2 Classes/ Week	3 Classes/ Week	Unlimited
\$84.00	\$145.00	\$184.00	\$228.00
<b>Fitness classes only</b>			
<b>14-week session</b>		<b>Sept 11<sup>th</sup> -December 16<sup>th</sup></b>	
<b>\$\$ Save when you sign up for 14 weeks \$\$</b>			
1 Class/ Week	2 Classes/ Week	3 Classes/ Week	Unlimited
\$163.00	\$283.00	\$360.00	\$378.00
<b>Early discount when you pay by September 1st (Discount on 14 Week session only)</b>			
1 Class/ Week	2 Classes/ Week	3 Classes/ Week	Unlimited
\$158.00	\$278.00	\$350.00	\$372.00

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

**Line Dance Lessons do NOT run the same schedule as group fitness classes please mark your calendar with the dates below**

<b>Intro to Line Dance</b>	<b>Session 1</b> Tuesdays Sept 12, 19, 26 No class Oct 3 Resume Oct 10, 17, 24	<b>6-weeks \$84</b> <b>FALL Special! \$75</b>		

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.