



ART OF WELLNESS™

SEPTEMBER 2012 GROUP FITNESS + YOGA CLASS SCHEDULE

\$35 PER CLASS. A 20% SERVICE CHARGE WILL BE ADDED UPON CHECKOUT.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASSES CLOSED PERSONAL TRAINING AVAILABLE	BEACH FITCAMP <i>(INCLUDING TRX)</i> 8:00-9:00 AM	BEFIT METHOD™ <i>(W/CHRISTOPHER VLAUN)</i> 8:15-9:15 AM	BEACH BODY SCULPT <i>(INCLUDING RESISTANCE BAND CIRCUITS)</i> 8:15-9:15 AM	BEACH BODY BAR <i>(BODY BAR BOOTCAMP W/CHRISTOPHER VLAUN)</i> 8:30-9:30 AM	BEACH FITCAMP <i>(INCLUDING TRX)</i> 8:00-9:00 AM	BEACH BODY SCULPT <i>(INCLUDING RESISTANCE BAND CIRCUITS)</i> 9:00-10:00 AM
	POWER YOGA 9:00-10:00 AM	STRETCH + SCULPT 9:00-10:00 AM	YOGA FLOW 9:00-10:00 AM	AEROGA® <i>(Aerobic Yoga) (W/TRACIE VLAUN)</i> 9:00-10:00 AM	YOGA FLOW 9:00-10:00 AM	POWER YOGA 9:30-10:30 AM

CLASSES + PRIVATE SESSIONS AVAILABLE ON REQUEST:

Yoga • Core • Beach Fitness • Body Sculpt • TRX Bootcamp • Nutritional Counseling
 Fitness Evaluations • Aquatic Classes • Reiki • (Pre/Post Natal Training/Yoga)
 Meditation • Myofascial Release

FOR BOOKING AND ADDITIONAL INFORMATION CALL **786.423.7590**

email: contact@v-artofwellness.com

www.v-artofwellness.com

