



ART OF WELLNESS™

NOVEMBER 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 (INCLUDING TRX) 8:00-9:00 AM	BEFIT METHOD™ (W/CHRISTOPHER VLAUN) 8:15-9:15 AM	BEACH BODY SCULPT (INCLUDING RESISTANCE BAND CIRCUITS) 8:15-9:15 AM	BEACH BODY BAR 8:00-9:00 AM	BEACH FITCAMP (INCLUDING TRX) 8:00-9:00 AM	O.K.R. (OLYMPIC LIFT. KETTLE-BELL. GYMNASTIC RINGS.) 8:00-9:00 AM
	POWER YOGA 9:00-10:00 AM	STRETCH + SCULPT 9:00-10:00 AM	YOGA FLOW 9:00-10:00 AM	AEROGA® (Aerobic Yoga) (W/TRACIE VLAUN) 9:00-10:00 AM	YOGA FLOW 8:30-9:30 AM	ZEN YOGA 9:00-10:00 AM
				DEEP STRETCH 10:15-11:15 AM	BEACH BALLET BOOTY 9:00-10:00 AM	POWER YOGA 10:15-11:15 AM
					BOXERS BOOTCAMP 10:15-11:15 AM	FIT MOVES 10:30-11:30 AM

ADDITIONAL 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**

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www.v-artofwellness.com

