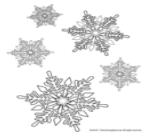




Where: Blairsville Armory

JANUARY 2012 AEROBIC SCHEDULE

Monday Morning	Tuesday Morning	Wednesday Morning	Thursday Morning	Friday Morning	Saturday Morning
	<p>***6:30 TO 7:30 AM MISSION IMPOSSIBLE-Marcia EARLY MORNING BOOTCAMP Call 7242489749 to sign up</p>		<p>***6:30 TO 7:30 AM MISSION IMPOSSIBLE-Marcia EARLY MORNING BOOTCAMP Call 7242489749 to sign up</p>		<p>***8:00-9:00 am Interval Class-Marcia Aerobic and Toning Mix Call 7242489749 to sign up</p>
<p>***9:15-10:15 am Group Personal Training All levels of Fitness Marcia Call 7242489749 to sign up</p>	<p>Beginner Spinning 9:00-10:00 am Marcia</p> <hr/> <p>Spinning 10:00-11:00 am Marcia</p>	<p>***9:15-10:15 am Group Personal Training All levels of Fitness Marcia Call 7242489749 to sign up</p>	<p>Beginner Spinning 9:00-10:00 am Marcia</p> <hr/> <p>Spinning 10:00-11:00 am Marcia</p>	<p>***9:15-10:15 am Group Personal Training All levels of Fitness Marcia Call 7242489749 to sign up</p>	<p>9:00 am-Lisa Zumba</p>
<p>***10:15 to 11:15 Step Aerobics Marcia Call 7242489749 to sign up</p>	<p>10:00 am Silver Sneakers</p>	<p>***10:15 to 11:15 Kick box Cardio & Abs Marcia Call 7242489749 to sign up</p>	<p>10:00 am Silver Sneakers</p>	<p>***10:15 to 11:15 Step Aerobics Marcia Call 7242489749 to sign up</p>	<p>Beginner Spinning 9:00-10:00 am Marcia</p> <hr/> <p>Spinning 10:00-11:00 am Marcia</p>
Evening	Evening	Evening	Evening	Evening	
<p>5:30-6:30 pm -Marcia Boot Camp Cardiovascular and Weight Loss Whole Body Workout</p>	<p>5:15 pm to 6:15 pm Step Aerobics-Marcia Intermediate to Advance (Beginners can do this class without a step)</p>	<p>5:30-6:30 pm -Marcia Boot Camp Cardiovascular and Weight Loss Whole Body Workout</p>	<p>5:15 pm to 6:15 pm Step Aerobics-Marcia Intermediate to Advance (Beginners can do this class without a step)</p>		<p>10:00 am-Lisa Silver Sneakers</p>
<p>6:00 pm -Lisa ZUMBA</p> <hr/> <p>7:00 pm-Lisa Yoga</p>	<p>6:30-7:30 pm-Marcia Party Groove Dance Aerobics Beginner and Low Impact</p>	<p>6:00 pm-Lisa ZUMBA</p>	<p>6:00 pm -Lisa Yoga</p> <hr/> <p>Spinning-Marcia 6:15-7:00 pm (45 min)</p>		
<p>Beginner Spinning 7:00 pm to 8:00 pm Marcia</p>	<p>Spinning 7:30 pm to 8:30 pm Marcia</p>	<p>7:00-8:00 pm-Marcia Body Toning & Abs All Levels</p>	<p>7:00-8:00 pm-Marcia Party Groove Dance Aerobics Beginner and Low Impact</p>		<p>Please bring water, towel and mat to classes.</p>
<p>SPINNING CLASSES \$5.00 A CLASS MUST SIGN UP FOR THIS CLASS!!!!!!</p>	<p>GROUP PERSONAL TRAINING \$48.00 PER MONTH CALL MARCIA CROCE OR EMAIL: MCROCE@MARADNET.COM</p>	<p>Marcia's Classes option pay by month: 1x a week class \$16.00 month 2x a week class \$24.00 month 3x a week class \$36.00 month Unlimited classes a month \$48.00 Must be paid first class of the month</p>	<p>OR PAY AS YOU GO \$4.00 per class The choice is yours</p>	<p>*** Means 8 people are needed to be signed up before I start up this class. Email: mcroce@maradnet.com to request to be put on the list or call 7242489749.</p>	<p>NO CLASSES NEW YEAR'S DAY</p>

For more information please call Marcia Croce at 724-248-9749 or email mcroce@maradnet.com