

## Class Schedule for January – March 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8</b>	<b>9</b> 6:00 – 7:00 pm TRX Training  7:30 – 8:30 pm Iron Yoga	<b>10</b> 7:00 – 8:30 pm Hot Yoga	<b>11</b> 9:00 – 10:30 am Hot Yoga  5:30 – 6:30 pm TRX Training  7:00 – 8:30 pm Beginner Yoga	<b>12</b> 9:00 – 10:00 am Pilates  7:00 – 8:30 pm Hot Yoga  EXETER – Zumba 7:00 – 8:00 pm	<b>13</b>  <b>NO CLASSES</b>	<b>14</b> 9:00 – 10:00 am Zumba
<b>15</b>	<b>16</b> 6:00 – 7:00 pm TRX Training  7:30 – 8:30 pm Iron Yoga	<b>17</b> 7:00 – 8:30 pm Hot Yoga	<b>18</b> 9:00 – 10:30 am Hot Yoga  5:30 – 6:30 pm TRX Training  7:00 – 8:30 pm Beginner Yoga	<b>19</b> 9:00 – 10:00 am Pilates  7:00 – 8:30 pm Hot Yoga  EXETER – Zumba 7:00 – 8:00 pm	<b>20</b>  <b>NO CLASSES</b>	<b>21</b> 9:00 – 10:00 am Zumba
<b>22</b>	<b>23</b> 6:00 – 7:00 pm TRX Training  7:30 – 8:30 pm Iron Yoga	<b>24</b> 7:00 – 8:30 pm Hot Yoga	<b>25</b> 9:00 – 10:30 am Hot Yoga  5:30 – 6:30 pm TRX Training  7:00 – 8:30 pm Beginner Yoga	<b>26</b> 9:00 – 10:00 am Pilates  7:00 – 8:30 pm Hot Yoga  EXETER – Zumba 7:00 – 8:00 pm	<b>27</b>  <b>NO CLASSES</b>	<b>28</b> 9:00 – 10:00 am Zumba
<b>29</b>	<b>30</b> 6:00 – 7:00 pm TRX Training  7:30 – 8:30 pm Iron Yoga	<b>31</b> 7:00 – 8:30 pm Hot Yoga	<b>February 1</b> 9:00 – 10:30 am Hot Yoga  5:30 – 6:30 pm TRX Training  7:00 – 8:30 pm Beginner Yoga	<b>2</b> 9:00 – 10:00 am Pilates  7:00 – 8:30 pm Hot Yoga  EXETER – Zumba 7:00 – 8:00 pm	<b>3</b>  <b>NO CLASSES</b>	<b>4</b> 9:00 – 10:00 am Zumba
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**Make a commitment and see the changes your body can go through!**

## NEW – Monthly Membership – Unlimited Classes \$99

(TRX training sessions not included)

### Get In Shape – 12 Week Special

- Will include:
- Goal setting
  - Measurements (every 2 weeks)
  - Monthly Membership - unlimited classes for 12 wks
  - TRX training - unlimited training sessions for 12 wks

**Cost – \$499 for 12 weeks ... unbelievable offer!!**

TYPE	Monthly Membership	Drop In rate	10 Card Passes
Hip Hop ZUMBA & STRENGTH TRAINING	\$99 for unlimited classes	\$10 per class	\$95 for 10 classes
YOGA & PILATES	\$99 for unlimited classes	\$15 per class	\$120 for 10 classes
TRX TRAINING	\$350 for 12 weeks – TRX only \$499 for 12 weeks – unlimited TRX & classes	n/a	n/a

- Check our Facebook Page for class cancellations due to weather. “Om Studio ~ Yoga ~ Meditation ~ Pilates ~ Massage”
- Be sure to arrive a few minutes early to class! All classes start promptly – on time and the door is locked to ensure there will be no interruptions once class gets started.

Registered Massage Therapy and Laser Hair Removal appointments  
available 7 days / week. Call to schedule.