

# GROUP EXERCISE SCHEDULE

UPDATED 7/16/10



5708 E. 2ND STREET, LONG BEACH, CA 90803 • (562) 856-EXEC

SPINNING STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				8:30 AM SPIN/CIRCUIT *\$15 LISA	8:00 AM SPINNING CASEY	
9:30 AM SPINNING CASEY		9:30 AM SPINNING CASEY	9:00 AM SPIN/BOOTCAMP LISA	*STAY FOR FULL FRIDAY CIRCUIT, PAY ONLY \$10 MORE!		
6:00 PM SPINNING STEVE		6:00 PM SPINNING STEVE	6:00 PM SPINNING KARA	<u>MUST CALL TO RESERVE YOUR SPOT IN CLASS.</u>		
GROUP FITNESS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:15 AM CIRCUIT TRAINING \$20			9:15 AM CIRCUIT TRAINING \$20	9:15 AM CIRCUIT TRAINING \$20	
YOGA/PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM BARRE, ETC. SHANI		6:30 AM PILATES EQUIPMENT JANELLE		7:30 AM YOGA SHERRY		
			10:00 AM PILATES EQUIPMENT JANELLE	10:30 AM YOGA ANNA		10:00 AM YOGA SHERRY
5:00 PM BARRE, ETC. SHANI		5:00 PM BARRE, ETC. SHANI				
	7:00 PM YOGA SHERRY			<u>MUST CALL TO RESERVE YOUR SPOT IN CLASS.</u>		

**BY APPOINTMENT ONLY - Please call to reserve your space.** 12 hour cancellation policy applies to all classes.

**Yoga Rates:**

1 class \$25 each  
10 classes \$20 each  
20 classes \$15 each

**Barre, Etc. Rates:**

1 class \$25 each  
10 classes \$22.50 each  
20 classes \$20 each

**Mat Pilates & Spin Rates:**

1 class \$15 each  
10 classes \$12.50 each  
20 classes \$10 each

**Pilates Reformer Rates:**

1 class \$35 each  
10 classes \$22.50 each  
20 classes \$20 each

Package conditions and restrictions apply. \*Mix and match packages are available.

Classes & prices are subject to change.

Classes expire 6 months from date of purchase.

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