

Women's Fitness Class Schedule
AlamoShape.com No Contracts, Just Results!
\$33 a Month for 140+ Unlimited Classes

Time/Day	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
530 am T/Th Starts Tues 9/6			NEW! 5:30 am Power Yoga		NEW! 5:30 am Power Yoga		
8:15 am M/W/Sat		TONING 8:15		Guts & Butts Lower Body Toning 8:15			8:15 ZUMBA (Ballroom) 8:15 STEP (Dance Studio) and 9:15 TurboKick
9:15 am every day with 2 classes on Sunday!	9:15 (½ hr class) SuperStep & 9:15 Zumba	STEP 9:15	STEP 9:15	STEP Interval/ Upper Body Toning 9:15	STEP 9:15	TONING 9:15	
10:15 am Sunday 12:05 Tue/Thur 45 min class	NEW! 10:15 am Power Yoga		ZUMBA 12:05		ZUMBA 12:05		
4:30 pm Mon thru Friday!!		ZUMBA 4:30	STEP 4:30	TurboKick 4:30	ZUMBA 4:30	Basic Step 4:30	
5:30 pm. Mon - Fri	530 classes Dance Studio	STEP 5:30	ZUMBA 5:30	LOW IMPACT & Tummy Toner 5:30	Step 5:30	ZUMBA 5:30	
	530 classes Ballroom or Pi- Yo studio	LOW IMPACT & Tummy Toner 5:30	Pi-Yo Pilates/Yoga 5:30				
6:30 pm Mon- Thurs		ZUMBA 6:30	TurboKick 6:30	ZUMBA 6:30	Pi-Yo Pilates/Yoga 6:30		

Ask about our *SuperShape* Weight Loss & Toning program 4-week personal training that includes before/after measures & training sessions available every day, but first try *SoftShape* small-group personal training for beginners. Receive 2 personal training sessions a week. **All the classes on this schedule are included free of charge with *SoftShape*!** See website for details.

Our **FitGuy** program trains the guys in your life after hours MTWTh at 7:45 pm. Contact us via the website about this fantastic program that helps your sons, husbands, & brothers get stronger, leaner, faster, healthier!

Go to the website to learn about our **Buddy Special** for our Women's Fitness Classes and our **referral discount** for the ShapeTraining programs (*SoftShape*, *SuperShape*, and *FitGuy*)

Club opens 5 minutes before class starts. Classes are 55 minutes long unless otherwise noted.

Class times and formats are subject to change.

We have a relaxed atmosphere you will enjoy, with no salespeople or front desk personnel, so we ask that you please email us with any questions or visit alamoshape.com for program details.

FALL 2011 Schedule. Please contact us at alamoshape.com for the current class schedule.