

# 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
5:30 am T/Th			5:30 am Power Yoga		5:30 am Power Yoga		
8:15 am M/W/Sat		TONING 8:15		Guts & Butts Lower Body Toning 8:15			8:15 STEP <b>NEW</b> 9:15 Low Impact/ Tummy Toner
9:15 am	ZUMBA 9:15	STEP 9:15	STEP 9:15	STEP Interval/ Upper Body Toning 9:15	STEP 9:15	TONING 9:15	
10:15 Sun	Power Yoga 1015 am						
4:30 pm Mon thru Friday		ZUMBA 4:30	STEP 4:30	TurboKick 4:30	ZUMBA 4:30	Power Yoga 4:30	
5:30 pm. Mon - Fri	530 classes Dance Studio	STEP 5:30	ZUMBA 5:30	LOW IMPACT & Tummy Toner 5:30	Basic Step 5:30	ZUMBA 5:30	
	530 classes Ballroom or Pi-Yo studio	LOW IMPACT & Tummy Toner 5:30 & 530 TurboKick	Pi-Yo Pilates/Yoga 5:30	5:30 Zumba	5:30 Zumba		
6:30 pm Mon - Thur		ZUMBA 6:30	ZUMBA 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 3 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**.

*We are sorry for the inconvenience but we cannot interrupt classes or training sessions.*