

Women's Fitness Class Schedule
www.alamoshape.com
\$33 a Month for 120+ Unlimited Classes
No Contracts, Just Results!



Class Times	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 A.M. Tue/Thu			CardioTone 5:30 a.m.		CardioTone 5:30 a.m.		
8:15 A.M. M/W/Sat		TONING 8:15		Guts & Butts Lower Body Toning 8:15			STEP 8:15
9:15 a.m. Everyday!	STEP 9:15	STEP 9:15	STEP 9:15	STEP/ Upper Body Toning 9:15	STEP 9:15	TONING 9:15	TONING 9:15
12:05 Tue/Thurs 45 min class			ZUMBA 12:05		ZUMBA 12:05		ZUMBA 10:15
4:30 p.m. Monday Tue/Thui		ZUMBA 4:30	TURBO KICK 4:30		ZUMBA 4:30		
5:30 p.m. Monday thru Friday		STEP 5:30	Pi-Yo Pilates/Yoga 5:30 p.m.		Pi-Yo Pilates/Yoga 5:30 p.m.	ZUMBA 5:30 in the Ballroom	
5:30 Monday Wednesday Friday		Tummy Toner 15 min Ab/core Basics workout then 5:45 Low Impact Aerobics		Tummy Toner 15 min Ab/core Basics workout then 5:45 Low Impact Aerobics		Basic Step with Tamie 5:30 in the Dance Studio	
5:45 p.m. Monday & Wednesday 45 min class							
6:30 p.m. Monday & Friday		TURBO KICK 6:30	Coming September 7th New Tues/Thurs 6:30 pm classes: Zumba with Amanda and Tummy Toner/Low-Impact Aerobics with Tamie			NEW!!! HIP HOP Hustle 6:30 pm	Join Amanda for a fun Hip Hop Dance Workout on Friday nights!

Ask about our **SuperShape** Weight Loss & Toning program 4-week small-group 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.

Summer 2010 Schedule. Club opens 5 minutes before class starts. Classes are 55 minutes long unless otherwise noted. Class times and formats are subject to change. **Go to alamoshape.com for program details.**