



101 Marlboro Rd. Suite 37
 Easton, MD 21601
 410.770.5077
www.bodywatts.com

FITNESS CLASS SCHEDULE UPDATED 02/02/2010

Receive our class schedule online by signing up for our monthly e-mail newsletter online www.bodywatts.com

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Early Birds	Abs & Buns 6:30-7am		Body Sculpting 6:30-7am		Trainers Choice 6:30-7am	Abs & Buns 8:30-9am
AM	Body Sculpting 8-8:30 am	Firm Up With Friends 10:30-11am	Abs & Buns 8-8:30 am	Int. Yoga w/Deborah 8:45- 10:15am	Beginner YOGA Deborah 8:45-10:15am	ZUMBA 9:00-10:00am
PM	Int. Yoga w/Deborah <u>3:30-5pm</u> Tone&Tighten w/ Jill 5-5:30pm	Abs and Buns 5-5:30pm	Cardio w/ Kari <u>5-5:30pm</u>	Body Sculpting 5-5:30pm	*Trainers Choice* 5-5:30pm	
Evening	Beginner Pilates Mat 5:30-6pm	Line Dancing Express 5:30-6:00pm		*Line Dancing 5:30-6:30pm		

Minimum of 2 or more students to hold a class.

Class Drop-In Rate \$7.50 per half hour, \$15 for an hour or more, \$10 for Zumba

Busy Schedule? High Fitness Level?
Ask About Our GROUP TRAINING or BOOTCAMPS
Where We Cater to Your Needs!

**Please use Quiet Voices while in the Mind Body Studio areas and remove shoes outside Yoga Studio.
 Yoga and Pilates and Massage are Coed. Gym Membership is for Women Only.**

Hours of Operation

Mon – Thurs 6 a.m. – 7:30 p.m.
 Friday 6 a.m. – 6:30 p.m.
 Saturday 8 a.m. – 1 p.m.
 Sunday 9 a.m. – 1 p.m.

Open on Sunday from October through April

**** Now on Sundays : Friends and Family Members are Welcome to work out for FREE!!!**