

Amy's Fall Schedule

Look Great, Feel Better!



Don't miss this opportunity to get into the best shape of your life – and have a blast while doing so!

Days	Time	Class Type	Description	Dates
Tuesdays	5:00 – 5:30 pm	Sculpt	The best total body sculpt & abs you can get in 30 minutes!	September 29 – December 22
Tuesdays	5:30 – 6:30 pm	ZUMBA®	Latin-dance fitness that combines fun music, heart pumping movements and excitement in each workout – you will not believe how much you'll sweat - <i>Seriously!</i>	September 29 – December 22
Thursdays	5:30 – 6:00 pm	Sculpt	The best total body sculpt & abs you can get in 30 minutes!	September 29 – December 22
Thursdays	6:00 – 7:00 pm	ZUMBA®	Latin-dance fitness that combines fun music, heart pumping movements and excitement in each workout – you will not believe how much you'll sweat - <i>Seriously!</i>	September 29 – December 22

*All classes held at Franklin Elementary, located at 750 NW 18th St, Corvallis. Right between Fred Meyer & CHS.

Pricing: All classes follow a punch card system, which offers flexibility of taking classes when it's convenient. The hour-long cardio classes are \$60 for 10-class punch. 5-class punch cards are \$35. Thirty-minute sculpt cards are \$30 for a 10-class punch. Punch Cards can be purchased at the door.

Gold Cards ~ for those of you who just can't get enough (*the ones after my own heart*)! Purchase the GOLD card for a one-time fee of \$115, which allows you to take as many classes as you want for the entire fall (14 weeks!)! This ends up being less than \$2.50/class when you take advantage of all the classes offered!