



Amy's 2010 Schedule

Look Great, Feel Better!



Days	Time	Class Type	Description	Dates
Mondays	5:00 – 5:30 pm	Sculpt	The best total body sculpt & abs you can get in 30 minutes!	January 4 – June 18
Mondays	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>	January 4 – June 18
Wednesdays	5:30 – 6:00 pm	Sculpt	The best total body sculpt & abs you can get in 30 minutes!	January 4 – June 18
Wednesdays	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>	January 4 – June 18
Fridays	5:30 – 6:30 am	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>	January 4 – June 18
Saturdays **ALL proceeds will go to Girls on the Run**	8:30 – 10:00 am	Washboard ABS & ZUMBA	Mark your calendars...the 2 nd Saturday of the month --- from January till June!! An Absolutely fabulous workout of abdominal and lower back exercises to chisel your midsection! Plus an hour of intense Zumba-ing...with classic songs, familiar routines, and a TON of fun!	March 13 April 10 May 8 June 12 September 11 October 9 November 13 December 11

*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 Zumba classes are \$60 for 10-class punch. 5-class punch cards are \$35. Sculpt cards are \$30 for a 10-class punch. Punch Cards can be purchased at the door. (*Saturday classes are a fundraiser for Girls on the Run. Student - \$7; Non-Students - \$10)

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 \$150, which allows you to take as many classes as you want for the entire spring term! This ends up being less than \$2.50/class when you take advantage of all the classes offered! ****NOTE – Saturday classes are not included in this promotion as they are a fundraiser for Girls on the Run.****