

February 2019

Drop-in Anytime: \$15
 (TEENS & College \$10)
 \$12/Pay-Ahead On-line...
www.core-yoga-fitness.com
 Zumba Drop-in is \$10



Core-Yoga-Fitness.com+



Class Card Packages
 6 pack for \$70*
 10 pack for \$100*
 (*Valid for 4 months)
 Winter Session
 Unlimited \$208
 1/1-3/31

Yoga, Pilates, Cardio, Strength, Zumba®

~~ Celebrating 15 years of Spreading Health and Wellness to the Community ~~

Sunday	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday
					1 5:30-6:30am Sunrise YOGA	2
3 ** No Class **	4 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	5 8:00-9:15am YOGA	6 7:45-8:45pm POUND w/Kate Reserve your spot	7	8 5:30-6:30am Sunrise YOGA	9
10 8:45-10am YOGA	11 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	12 8:00-9:15am YOGA	13 7:45-8:15pm Cardio 8:15-9:00pm Core & Yoga	14	15 5:30-6:30am Sunrise YOGA	16
17 8:45-10am YOGA	18 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	19 8:00-9:15am YOGA	20 7:45-8:15pm Cardio 8:15-9:00pm Core & Yoga	21	22 5:30-6:30am Sunrise YOGA	23
24 8:45-10am YOGA	25 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	26 8:00-9:15am YOGA	27 7:45-8:45pm POUND w/ Kate Reserve your spot	28		

www.Core-Yoga-Fitness.com Colleen.Kelleher@verizon.net Text me: 508-633-9460 www.ColleenKelleher.com

Classes Held at East Coast Dance Center 6 Washington Street North Reading, MA

Drop-in anytime.

Weather cancelations will be announced via email & on website: by 5:00pm before night classes, by 8:00pm the night before for Sunrise class, and by 6:30am for other morning classes. Check out Website, Facebook and join the mailing list for any schedule changes.