

OCTOBER 2018

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



Class Card Packages
 6 pack for \$70*
 10 pack for \$100*
 (*Valid for 4 months)
 Unlimited FALL \$268

Yoga, Pilates, Cardio, Strength, Zumba®

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

Sunday	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday
	1 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	2 8:00-9:15am YOGA	3 7:45-8:15pm Cardio 8:15-9:00pm Pilates & Yoga	4	5 5:30-6:30am Sunrise YOGA	6
7 No Class	8 No Class	9 No Class	10 No Class	11	12 No Class	13
14 8:45-10am YOGA	15 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	16 8:00-9:15am YOGA	17 7:45-8:15pm Cardio 8:15-9:00pm Pilates & Yoga	18	19 5:30-6:30am Sunrise YOGA	20
21 8:45-10am YOGA	22 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	23 8:00-9:15am YOGA	24 7:45-8:15pm Cardio 8:15-9:00pm Pilates & Yoga	25	26 5:30-6:30am Sunrise YOGA	27
28 8:45-10am YOGA	29 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	30 8:00-9:15am YOGA	31 No class Happy Halloween!			

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

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

Drop-in anytime. Check out Website, Facebook and join the mailing list for any Schedule changes.