



February 22nd – April 4th, 2010

Class Schedule

CLASS SCHEDULE February 22 nd – April 4 th The Wellness Solution, 366 U.S. Route 1, Falmouth							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM CLASSES	8:30-9:30 am Yoga w/Marisa						8:30–9:30 a.m. ZUMBA!
AM CLASSES							10-11 a.m. Yoga
Noon CLASSES		12-12:45 pm Power Boot Camp		12-1 pm – <i>Sweet Pea & Me</i> Postnatal Yoga	12-1 pm – Yoga w/Maura	12-12:45 pm Power Boot Camp	
Evening CLASSES			5-6 pm - Pilates		5-6 pm – Yoga w/Marisa		
Evening CLASSES		6:15 – 7:15 p.m. ZUMBA! w/Britney	6:15-7:15 pm Power Boot Camp		6:15-7:15 pm Power Boot Camp		
* Please call ahead to reserve your spot (899-0727)							

Pricing: Drop-In Rates: \$15.00 per class Session Cost: 1 class/week for 6 weeks: \$75 2 classes/week for 6 weeks: \$144

Class Card: 10 classes: \$130

Please Note: All Sessions and Class Cards are nontransferable and nonrefundable. (Class Cards have a 6-month expiration)