

**Step Aerobics and Toning / Yoga 2011-2012**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9:15-10:15a.m. Zumba	7:00 -8:00 p.m. step aerobics and toning	9:00-10:00 a.m. step aerobics and toning	7:00 - 8:00p.m. step aerobics and toning	9:00-10:00 a.m. step aerobics and toning  10:00-11:00 Yoga

**Aerobics**

Wear anything comfortable to workout in and a sturdy pair of tennis shoes, Aerobic shoes carried in and only used for indoor workout are the best choice to keep our dance floors clean of outdoor debris, please no wet shoes on the dance floor

Class cards Purchase a monthly card, by the amount of classes you will be attending a month.

**Yoga**

bring a yoga mat, or we have some to borrow, comfortable clothes, no shoes

**PRICES**

**Aerobics /Toning**

PRICES: Per month for the class card

- 1 class walk-in fee \$10
- 2 classes \$ 16.00
- 3 classes \$ 23.00
- 4 Classes \$ 28.00
- 5 Classes \$ 32.00
- 6 Classes \$ 38.00
- 7 Classes \$ 44.00
- 8 Classes \$ 48.00
- unlimited classes - 10 or more- \$ 52.00

Yoga \$40 a month

**SPECIAL OFFER**

Come try any of the above classes for October 2011 **FREE** for the entire month as many classes that you want to try

And for November, December and January 50% discount off of any of the above classes for all Lakeshore Members who have children in Gymnastics or Dance classes