













SLIM AND TONE - FALL/WINTER/SUMMER 2012 CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday CLOSED
MORNING FITNESS (ALL CLASSES ARE ONE HOUR)						
8:00 am	 ZUMBA fitness JANET	Senior Fitness SHARON <small>Healthway Silver Sneakers Fitness Program</small>	 ZUMBA fitness JANET	Senior Fitness SHARON <small>Healthway Silver Sneakers Fitness Program</small>		
8:30 am				 Pilates SOL		
9:00 am		Pump and Define  HADY	Pump and Define  MARC		Pump and Define  MARC	
10:00 am						
11:00 am						
AFTERNOON/EVENING FITNESS (ALL CLASSES ARE ONE HOUR)					Friday CLOSE 12 NOON	Sunday CLOSED
4:00 pm	CLOSED (12 NOON – 4:00PM) MONDAY - THURSDAY					
6:00 pm						
6:30 pm		6:30 PM  YOGA PROSPERO				
7:00 pm	 ZUMBA fitness HEIDI		 ZUMBA fitness LIZA/SHEILA	 Pilates SOL	 SLIM AND TONE <small>Express Fitness & Weight Loss Studio</small> REAL WOMEN - REAL RESULTS - REAL CONNECTIONS 305-627-5515 www.slimandtonemiami.com 18642 NW 67 TH AVE. Miami, FL 33015 COME IN AND FEEL THE DIFFERENCE.....SEE THE RESULTS	
7:30 pm		 ZUMBA fitness HEIDI				
8:30 pm		Capoeira AMANDA		Capoeira AMANDA		

WALK-IN'S (ALL CLASSES) \$10 - BUY 4/ONE FREE – PURCHASE PRE-PAID PUNCH CARD FOR ADDITIONAL SAVINGS (MASSAGE OR PERSONAL TRAINING AVAILABLE BY APPOINTMENT)