

Fall/Winter 2011

Beyond Fit Group Classes

112 Connolly Rd Fallston, MD 21047

410-877-1595

gobeyondfit.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>Senior Program</u> 12 noon	<u>Booty Boot Camp</u> 6:30 pm <u>CYCLING</u> 5:30pm-6:15pm 6:30pm-7:30pm		<u>Senior Program</u> 12 noon <u>CYCLING</u> 6pm - 7pm <u>Body Blast</u> 7 pm		<u>Body Blast</u> 7am-8am <u>CYCLING</u> 8 am - 9 am <u>Booty BC</u> 10 am
	<u>Senior Program</u> 12 noon	<u>Booty Boot Camp</u> 6:30 pm <u>CYCLING</u> 5:30pm-6:15pm 6:30pm-7:30pm		<u>Senior Program</u> 12 noon <u>CYCLING</u> 6pm - 7pm <u>Body Blast</u> 7 pm		<u>Body Blast</u> 7am-8am <u>CYCLING</u> 8am- 9am <u>Booty BC</u> 10 am
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NO MEMBERSHIP FEES! To register for classes please call 410-877-1595 Please visit www.gobeyondfit.com for more information