

Andi Hibbert

# BALANCED 4 FITNESS

210 Main Street

Monday

Tuesday


Wednesday

Thursday

Friday

Saturday

Sunday

	<p>9:00-10:10am <b>Pilates Total Body</b></p>	<p>9-10 am <b>BARRE Fusion</b></p>	<p>8:45-9:45 am <b>Stretch &amp; Pilates Mat 1</b></p>	<p><b>TRX</b></p>	<p><b>Private Group Parties</b></p>	<p><b>TRX</b> 8-9 AM All fitness levels</p>
<p>10-11 AM <b>Spin Fit</b> strength &amp; cardio excellent for all levels</p>	 <p>10:30-11:30 AM Group Reformer 3 persons By Appointment</p>	<p>10:15-11:15 AM <b>Fit Moves</b> No Mat work excellent for all levels</p>	<p>10-11 AM <b>Spin Fit</b> strength &amp; cardio excellent for all levels</p>	<p>9-10 am <b>BARRE Fusion</b></p>		<p>9:30-10:30AM <b>SPINNING</b></p>
<p>4:15-5:15 PM <b>Park &amp; Start</b> excellent for Beginners</p>	<p>4:30-5:30 PM <b>Stretch &amp; Pilates Mat 1</b></p>		<p>3:15-4:15 pm <b>Therapeutic Stretch &amp; Balance</b></p>	<p>10:15-11:15 am <b>Small Group Training</b></p>		
<p><b>Total Body Fusion</b> 5:50-7 pm OES Gym</p>	<p>5:45-6:45 PM <b>BARRE Fusion</b></p>	<p><b>Total Body Fusion</b> 5:50-7 pm OES Gym</p>				<p>10:45-11:45am <b>Stretch &amp; Pilates Mat 1</b></p>

check online  
for specials & updates

Please reserve your class  
2 hours prior to start time

Balanced 4 Fitness Studio  
follows the Nauset School  
weather cancellations

New client class special  
12 classes for \$150

508-240-2739

[Balanced4Fitness.com](http://Balanced4Fitness.com)