

Andi Hibbert

Balanced 4 Fitness Studio

210 Main Street E. Orleans

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 7:30-8:30 am Group Reformer appointment <hr/> 9-10 AM SPIN FIT Perfect for Beginner SPINNER <hr/> 10:15-11:15 am Core n more No Mat work excellent for Balance <hr/>  4:30-5:30 pm Group Reformer appointment <hr/> 5:45-6:45pm Total Body Fusion	<hr/> 9-10:10 AM Pilates Total Body Classical Method Mat & Standing <hr/> <hr/> <hr/> 4:30-5:30 PM Therapuetic stretch Pilates ends 9/9 <hr/>  5:45-6:45 pm Group Reformer appointment	8:45-9:45AM BARRE Fusion starts 9/17 <hr/> <hr/> 10:45-11:45 AM Core n more No Mat work Seated MVe chair & Standing Pilates chair <hr/> <hr/> 4:30-5:30 PM Therapuetic stretch Pilates starts 9/17/9/17	9-10:10 AM Pilates Total Body Classical Method Mat & Standing <hr/> <hr/> 10:30-11:30 AM SPIN FIT Perfect for Beginner SPINNER <hr/> <hr/> 	<hr/> 9:00-10:00 AM BARRE Fusion <hr/> <hr/> 10:15-11:15AM Core n more No Mat work Seated MVe chair & Standing Pilates chair	9—10 AM Mixed Mat Pilates ends 8/30 <hr/> 10:15-11:15 am Core n more ends 8/30	TRX 8:15-9:15 AM All fitness levels <hr/> 9:30—10:30 am SPINNING <hr/> online scheduling 
				“Your Complete Fitness Fix for all ages and abilities” Training Private, Semi Private, and groups up to 10 persons Reformer Group 3 persons register at balanced4fitness.com		
						

BALANCED4FITNESS.COM

508-240-2739