

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 9-10 AM Dance Fit 10:15-11:15 am Core n more No Mat work excellent for Balance  4:30-5:30 pm Group Reformer appointment 5:45-6:45pm Total Body Fusion	9-10:10 AM Pilates Total Body Classical Method Mat & Standing 	NEW CLASS DANCE FIT 9-10 AM MONDAY 10:45-11:45 AM Core n more No Mat work Seated MVe chair & Standing Pilates chair 4:30-5:30 PM Therapeutic stretch Pilates 5:45-6:45pm Total Body Fusion		9:00-10:00 AM BARRE Fusion 10:15-11:15AM Core n more No Mat work Seated MVe chair & Standing Pilates chair  “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		TRX 8:15-9:15 AM All fitness levels 9:30—10:30 am SPINNING online scheduling through MindBody 

BALANCED4FITNESS.COM

508-240-2739