

Andi Hibbert **Balanced 4 Fitness Studio** 210 Main Street E. Orleans

<p>7:30-8:30 am Group Reformer appointment</p>	<p>9-10:10 AM Pilates Total Body Classical Method Mat & Standing</p>	<p>10:45-11:45 AM Core n more No Mat work Seated MVe chair & Standing Pilates chair</p>	<p>9-10 AM Pilates Body Classical Method Starts 6/18</p>	<p>9:00-10:00 AM BARRE Fusion</p>	<p>9-10 AM Pilates Body Classical Method with Karen Starts 6/18</p>	<p>TRX 8:15-9:15AM All fitness levels 9:30— 10:30 am SPINNING</p>
<p>10:15-11:15AM Pilates Classical Method Strats 6/29</p>	<p>4:30-5:30 PM Therapeutic stretch Pilates mat one</p>	<p>4:45-5:45 pm Total Body Fusion with Sam starts 6/10</p>	<p>10:30-11:30 AM SPIN FIT Perfect for Beginner SPINNER</p>	<p>10:15-11:15AM Core n more No Mat work Seated MVe chair & Standing Pilates chair</p>	<p>New BOOT CAMP SMALL GROUP with Sam SATURDAY 7:30-8:30 am starts July 11</p>	
<p>4:30-5:30 pm Group Reformer appointment</p>			<p>Sam's New Boot Camp 7:30-8:30 AM Small Group Boot Camp 6 person max Appointment</p>	<p>Your Complete Fitness Fix</p> <p>Training Private, Semi Private, Reformer Group 3 persons Groups 12 persons Boot Camp 6 person max</p> <p>register at balanced4itness.com 508-240-2739</p> 		

