




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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>7:30-8:30 am Group Reformer appointment</p> <hr/> <p>9-10 AM SPIN FIT Perfect for Beginner SPINNER</p> <hr/> <p>10:15-11:15 am Complete Body Conditioning starts 9/16</p> <hr/> <p>4:30-5:30 pm Group Reformer appointment</p> <hr/> <p>5:50-6:50 pm Total Body Fusion</p>	<p>9-10:15 AM Pilates Total Body Classical Method Mat & Standing</p> <hr/> <p>ACE Adult Community Ed TOTAL BODY FUSION moves 10/2 to OES GYM 6-7 PM</p>	<p>7:30-8:30 am Group Reformer appointment</p> <hr/> <p>10:45-11:45 AM Core n more No Mat work Seated Mve chair & Standing Pilates chair</p> <hr/> <p>4:30-5:30 PM Therapuetic stretch Pilates mat one</p> <hr/> <p>5:50-6:50 pm Total Body Fusion</p>	<p>10:30-11:30 AM SPIN FIT Perfect for Beginner SPINNER starts 9/19</p> <hr/> <p>4:30-5:30 POWER UP starts 9/19</p> <hr/> 	<p>7:30-8:30 am Group Reformer appointment</p> <hr/> <p>9:00-10:00 AM BARRE Fusion</p> <hr/> <p>10:15-11:15AM Core n more No Mat work Seated Mve chair & Standing Pilates chair</p>	<p>9-10 am Complete Body Conditioning starts 9/28</p> <hr/> <p>online scheduling</p> 	<p>TRX 8:10-9:10 AM All fitness levels</p> <hr/> <p>9:30—10:30 am SPINNING</p>
					<p>“Your Complete Fitness Fix for all ages and abilities”</p> <p>Nauset Community Ed 10 week sesions starts 9/30 at Studio Complete Body Condiitoning -Mon or Sat SPIN FIT -Thursday POWER UP Thursday</p> <p>register at balanced4fitness.com under ENROLLMENT</p> 	

BALANCED4FITNESS.COM

508-240-2739