



MOVEMENT COMPLEX

31-2 RT 25W
 PLYMOUTH, NH 03264
 603-536-8902

WWW.THENINTHSTATE.COM

FUN!

ALL NEW SCHEDULE.
 NEW CLASSES.
 MORE CLASSES.

FUN!

A GREAT WAY TO GET FIT AT AN
 EVEN BETTER PRICE.

CLASSES START FEB. 2ND!

(see flip side for Class Descriptions)

Professional & Certified
 Instructors & Trainers.
 Fully Equipped Fitness Gym.
 Shower Facility.
 Easy Parking.
 Comfortable Atmosphere.
 Health Insurance
 Reimbursements.
 No Long Term Contracts.

**ONLY
 \$59
 A
 MONTH
 TAKE
 ANY
 CLASS
 AT
 ANY
 TIME!**

**\$89
 FOR SIX
 WEEKS.
 STARTS
 3/3.**

**\$9 day
 \$25 wk.
 \$35 mo.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Early Bird	Cardio Craze & Tone 5:45-6:30a Boxing Circuit 6:00-7:00a	Zumba 5:45-6:30a Body Sculpting 6:35-7:20a	Step Aerobics & Tone 5:45-6:30a Boxing Circuit 6-7:00a	Cardio Craze & Tone 5:45-6:30a Body Sculpting 6:35-7:20a	Body Blast With Boxing 6-7:00a	FITNESS GYM INCLUDED	
Mom's Mornings On-Site Babysitting Provided 9-11a (small fee)	Step Aerobics & Tone 9:15-10:15a	Cardio Craze & Tone 9:15-10:15a	Cardio Kickboxing 9:15-10:15a	Zumba 9:15-10:15a	Body Blast With Boxing 9:15-10:15a		FREE ZUMBA CLASS!!
Late Day	Zumba 5:30-6:30p	Body Blast With Boxing 4:30-5:30p	Cardio Craze & Tone 5:30-6:30p	Body Blast With Boxing 4:30-5:30p	Boxing Circuit 5:00-6:00p		SAT. 2/21 & SAT. 2/28
Evenings	Boxing Circuit 6:00-7:00p	Body Sculpting 5:45-6:30p Yoga 6:35-7:50p	Boxing Circuit 5:45-6:45p	Body Sculpting 5:45-6:30p	Boxing Circuit 5:00-6:00p		9:30-10:30am
Men's Fight Club	Open Gym & Coaching 5:00-7:30p	Club Training Night 7:00-8:30p	Open Gym & Coaching 5:00-7:30p	Club Training Night 7:00-8:30p	Open Gym & Coaching 5:00-7:30p	Sign Up Req'd. Give it a try!	
Fitness Gym	Open M-F from 5:30-11a and 2:30-8:30p. Sat. 8a-Noon. Gym Features Treadmills, Arc Trainers, Stationary Bikes, Strength Machines, Free Weights, & More. Personal Training Also Available.					All Classes Subject To Change	

REGISTRATION FEE – ONLY \$20... and that covers the whole family. Join Anytime!



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Just A Few Minutes From I93,

Here's How To Find Us:

Take I93 To Exit 26

Follow Tenney Mtn Hwy past Hannaford
and Wal-Mart to the Traffic Rotary

Bear Right. onto Rt. 25W

Ninth State is on the Left in the
Valley Center Bldg.

FITNESS CLASSES – Starting February 2nd (see Schedule on flip side)

Zumba – The Latin dance fitness sensation that's stormed the country. So much fun you won't even know you're working out - until you're exhausted at the end. A great class for everyone. Perfect for mothers and teen daughters to do together.

Body Blast w/Boxing – There's a reason Hillary Swank looked so good in *Million Dollar Baby*. The exercises behind boxing are some of the best for the body. Certified Personnel Trainer and USA Boxer Amber Schaefer will lead you to a toned figure that makes you feel great.

Cardio Craze & Tone – Start the morning with a fun new exercise each class that will have you burning more calories by sun up then you probably burn for the rest of the day.

Cardio Kick Boxing – Kicks flying, fists punching, and the whole body getting a great workout that's as fun as it is energetic.

Body Sculpting – Strengthen and tone from head to toe with complete body exercises led by a Personal Trainer.

Yoga – Flexibility, strengthening, meditation, stress release, and relaxation are just some of the benefits available from this Yoga class open to all.

Step Aerobics & Tone – A blast from the 80's. Get the body moving in this fun and invigorating workout that burns to the beat.

Boxing Circuit – A high energy, fast paced workout structured around using the various equipment in the Boxing gym. Awesome!

OTHER GREAT CLASSES

Ballroom Dancing – Come out and learn the steps to the dances that you've always wanted to know. A new dance taught each month for 4 weeks. Wednesdays 7:00-8:00pm - \$59 a couple. February – Disco is back! Come learn The Hustle and get that Saturday Night Fever going!

COMING IN MARCH

Men's Fight Club – Something for the guys. What else are you going to be doing on Tues. & Thurs nights in the Winter, fellas? This six week fitness and boxing training program incorporates full contact drills and sparring. Learn the skills of this sport of kings and get your body in great shape doing it. All equipment provided. Beginners welcome. Open to all men ages 18+. \$89 for six weeks.

Silver Gym Membership – For our Seniors, come use the gym during these hours when we open it up to only those who are age 60 or older. The perfect way to stay healthy and feel good without spending a lot of money. Tues. Wed. & Thur. 11am-1pm. Only \$19mo.!