

# SUMMER AT THE NINTH STATE

## BALLROOM DANCE CLASS & DANCE PARTY

A NEW DANCE TAUGHT EACH WEEK!

SALSA – Wed. 7/8/08 – 7:00-8:30PM - \$8.00 person

THE WALTZ – Wed. 7/15/09 7:00-8:30PM - \$8.00 person

CHA CHA - Wed. 7/22/09 7:00-8:30PM - \$8.00 person

RUMBA - Wed. 7/29/09 7:00-8:30PM - \$8.00 person

## FITNESS CLASSES & GYM MEMBERSHIPS

**Fitness Membership Only \$59mo. – INCLUDES ALL CLASSES + GYM!**

**Drop In Rate \$7 / 8 Class Punch Card For Just \$39**

|                       |             |              |             |             |              |
|-----------------------|-------------|--------------|-------------|-------------|--------------|
| <b><u>Zumba -</u></b> | MONDAYS     | TUESDAYS     | WEDNESDAYS  | THURSDAYS   | SATURDAY     |
|                       | 5:30-6:30PM | 5:45-6:30AM  | 5:30-6:30PM | 5:45-6:30AM | 9:15-10:15AM |
|                       |             | 9:15-10:15AM |             |             |              |

|   |             |                      |             |                         |              |
|---|-------------|----------------------|-------------|-------------------------|--------------|
| <b><u>Zumba Gold –</u></b>  | TUESDAYS &  | <b><u>Yoga -</u></b> | TUESDAYS    | <b><u>Pilates -</u></b> | WEDNESDAYS   |
| Perfect for 1 <sup>st</sup> time Exercisers<br>and those with Silver Sneakers | THURSDAYS   |                      | 6:00-7:20PM |                         | 9:15-10:15AM |
|   | 7:15-8:00AM |                      |             |                         |              |

|                                      |             |             |             |              |
|--------------------------------------|-------------|-------------|-------------|--------------|
| <b><u>Body Blast w/ Boxing -</u></b> | MONDAYS     | TUESDAYS    | WEDNESDAYS  | THURSDAYS    |
|                                      | 6:00-6:50AM | 5:15-6:00PM | 6:00-6:50AM | 9:15-10:15AM |
|                                      |             |             |             | 5:30-6:15PM  |

**On-Site Babysitting Available Tue., Wed., & Thurs. 9-11am**

**GYM** – Treadmills, Arc Trainers, Stationary Bikes, Strength Machines, Free Weights, & More. Personal Training Available. Air Conditioned & Shower Facility. M-F 5:30a-12p & 2:30-8:30p; Sat 8a-12p. **Only \$35month.**

**WANT A FREE GYM MEMBERSHIP?** IF YOU HAVE HARVARD PILGRIM HEALTH INSURANCE, THEY WILL PAY FOR YOU! ANTHEM BC/BS MEMBERS CAN GET REIMBURSED AS WELL! CALL US FOR INFO.

## ALL NEW CLASSES

**Sign Up Now for July!**

**KARATE** – Kids Ages 18 & Under. Thurs. 5:30-6:30pm - \$35month

**KARATE** – Adults. Saturdays 11am-1pm - \$35month

**BOXING BASICS** – Men Ages 14-Adult. Tues. & Thurs. 6-7pm - \$49month

**BOXING BASICS** – Women Ages 14-Adult. Mon. & Wed. 5:30-6:30PM - \$49month

**BRAZILLIAN JIU-JITSU** – Kids Ages 8-12. Mondays 6-7pm - \$50month

**BRAZILLIAN JIU-JITSU** – Adults (12+). Mondays 7:00-8:30pm - \$50month