



Pilates, Yoga, Cardio, Muscle, Zumba®

FALL 2010 With COLLEEN



September 2010

Su	Mon	Tue	Wed	Thu	Fri	Sat
			8 8:15pm Yoga/Pilates	9	10 9:15am Cardio/Muscle/Pilates	11
FALL SESSION Begins Wednesday Sept 8 th						
12	13 7:45pm Muscle/Pilates 8:15pm Zumba®	14 YOGA 9:15-10:30am	15 8:15pm Yoga/Pilates	16	17 9:15am Cardio/Muscle/Pilates	18
19	20 7:45pm Muscle/Pilates 8:15pm Zumba®	21 YOGA 9:15-10:30am	22 8:15pm Yoga/Pilates	23	24 9:15am Cardio/Muscle/Pilates	25
26	27 7:45pm Muscle/Pilates 8:15pm Zumba®	28 YOGA 9:15-10:30am	29 8:15pm Yoga/Pilates	30		

October 2010

Su	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:15am Cardio/Muscle/Pilates	2
3	4 7:45pm Muscle/Pilates 8:15pm Zumba®	5 YOGA 9:15-10:30am	6 8:15pm Yoga/Pilates	7	8 9:15am Cardio/Muscle/Pilates	9
10	11 7:45pm Muscle/Pilates 8:15pm Zumba®	12 YOGA 9:15-10:30am	13 8:15pm Yoga/Pilates	14	15 9:15am Cardio/Muscle/Pilates	16
17	18 7:45pm Muscle/Pilates 8:15pm Zumba®	19 YOGA 9:15-10:30am	20 8:15pm Yoga/Pilates	21	22 9:15am Cardio/Muscle/Pilates	23
24	25 7:45pm Muscle/Pilates 8:15pm Zumba®	26 YOGA 9:15-10:30am	27 8:15pm Yoga/Pilates	28	29 9:15am Cardio/Muscle/Pilates	30 /31

November 2010

Su	Mon	Tue	Wed	Thu	Fri	Sat
	1 7:45pm Muscle/Pilates 8:15pm Zumba®	2 YOGA 9:15-10:30am	3 8:15pm Yoga/Pilates	4	5 9:15am Cardio/Muscle/Pilates	6
7	8 7:45pm Muscle/Pilates 8:15pm Zumba®	9 YOGA 9:15-10:30am	10 8:15pm Yoga/Pilates	11	12 9:15am Cardio/Muscle/Pilates	13
14	15 7:45pm Muscle/Pilates 8:15pm Zumba®	16 YOGA 9:15-10:30am	17 8:15pm Yoga/Pilates	18	19 9:15am Cardio/Muscle/Pilates	20
21	22 7:45pm Muscle/Pilates 8:15pm Zumba®	23 YOGA 9:15-10:30am	24 No Class	25 Thanksgv	26 No Class	27
28	29 7:45pm Muscle/Pilates 8:15pm Zumba®	30 YOGA 9:15-10:30am				

December 2010

Su	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:15pm Yoga/Pilates	2	3 9:15am Cardio/Muscle/Pilates	4
5	6 7:45pm Muscle/Pilates 8:15pm Zumba®	7 YOGA 9:15-10:30am	8 8:15pm Yoga/Pilates	9	10 9:15am Cardio/Muscle/Pilates	11
12	13 7:45pm Muscle/Pilates 8:15pm Zumba®	14 YOGA 9:15-10:30am	15 8:15pm Yoga/Pilates	16	17 9:15am Cardio/Muscle/Pilates	18
19	20 7:45pm Muscle/Pilates 8:15pm Zumba®	21 YOGA 9:15-10:30am	22 8:15pm Yoga/Pilates	23	24 No Class	25

Drop-in cost: \$14 per class **Classes Held at East Coast Dance Center, 6 Washington St, No. Reading.**

Packages: 15 Class Card=\$150, 20 Class=\$200, 30 Class=\$250, Unlimited for \$288. VALID 9/8-12/22/2010.

Mon nights: ½ hour of Weights and Mat Pilates. Followed by 1 hour of Zumba®. PLEASE, Carry-in sneakers.

Zumba®: Low impact Cardio hour of caloric-burning, body-energizing, exhilarating dance moves. Drop-in \$10/class.

Wed nights: ½ hour of Power Yoga and ½ hour Mat Pilates, bring your yoga mat.

Tues Mornings: 1½ hr of warm flowing yoga for balance, strength, flexibility, mind/body. Bring your yoga mat.

Fri Mornings: Bootcamp style of 40 minutes Cardio and weight circuit, 20 min core strengthening by mat Pilates.

Colleen Kelleher over 22 years of experience as an ACE certified fitness professional, also trained by numerous fitness educators including the Pilates Coach and 200 RYT.

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