



Pilates, Yoga, Cardio, Muscle, Zumba® Summer 2010 with COLLEEN



June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					25 9:15am Cardio/Muscle/Pilates (Kid' Fitness)*	26
27	28 8:15PM Cardio/Muscle/Pilates	29	30 8:15pm Yoga/Pilates			

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 9:15am Cardio/Muscle/Pilates (Kid Fitness)*	3
4	5 8:15PM ZUMBA® w/Kelli Lavita	6	7 8:15pm Yoga/Pilates	8	9 9:15am Cardio/Muscle/Pilates (Kid Fitness)*	10
11	12 No Class	13	14 No class	15	16 No Class	17
18	19 8:15PM Cardio/Muscle/Pilates	20	21 8:15pm Yoga/Pilates	22	23 9:15am Cardio/Muscle/Pilates (Kid Fitness)*	24
25	26 8:15PM Cardio/Muscle/Pilates	27	28 8:15pm Yoga/Pilates	29	30 9:15am Cardio/Muscle/Pilates (Kid Fitness)*	31

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 7:45 Muscle/Pilates 8:15PM ZUMBA®	3	4 8:15pm Yoga/Pilates	5	6 9:15am Cardio/Muscle/Pilates (Kid Fitness)*	7
8	9 8:15PM Cardio/Muscle/Pilates	10	11 8:15pm Yoga/Pilates	12	13 9:15am Cardio/Muscle/Pilates (Kid Fitness)*	14
15	16 8:15PM Cardio/Muscle/Pilates	17	18 8:15pm Yoga/Pilates	19	20 9:15am Cardio/Muscle/Pilates (Kid Fitness)*	21
22	23 8:15PM ZUMBA® w/Barbara	24	25 8:15pm Yoga/Pilates	26	27 9:15am Cardio/Muscle/Pilates (Kid Fitness)*	28
29	30 8:15PM Cardio/Muscle/Pilates	31				

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:15pm Yoga/Pilates	2	3 9:15am Cardio/Muscle/Pilates (Kid Fitness)*	5

Drop-in cost: \$14 per class Classes Held at East Coast Dance Center, 6 Washington St, No. Reading.
Packages: 9 Class card for \$99, 15 Class card for \$150, 20 Class card for \$200, Unlimited for \$240.

Kid Fitness \$2.50/child. Kid package: 9 classes for \$18. Packages valid 6/25-9/3/2010.

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

Mon Night & Fri Mornings: 40 minutes Cardio and weight circuit, 20 min core strengthening: Mat Pilates.

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

Kid Fitness: One hour of Kid's fitness and various fun games. Includes Cardio, strength and flexibility. Ages 5-13.

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.

Colleen.Kelleher@verizon.net or 508-633-9460