

# Body and Soul Spring Session 2010

SPRING 2010



## CARDIO/STRENGTH CLASS S10VA0401/0406

Capital Baptist Church GYM (or WAREHOUSE when designated), 3504 Gallows Rd,  
Annandale, VA

Liz Berbano, ACE Certified Group Fitness Instructor  
[epberbano@hotmail.com](mailto:epberbano@hotmail.com) (703)941-3054

### Tues, 7:00-8:15pm

Apr 6  
Apr 13  
Apr 20  
Apr 27  
May 4  
May 11  
May 18  
May 25  
Jun 1  
Jun 8  
Jun 15

### Sat, 8:00-9:15am

Apr 10 (in the WAREHOUSE)  
Apr 17  
Apr 24  
May 1  
May 8  
May 15 (in the WAREHOUSE)  
May 22  
NO CLASS May 29 Memorial  
Jun 5  
Jun 12  
NO CLASS Jun 19 L2L 5K

Tue only: \$ 53.20

Tue/Thu: \$ 91.70

Tue/Sat Cardio: \$ 92.60

Tue/Thu/Sat Cardio: \$ 131.10

Sat Cardio only: \$ 44.40

Sat Cardio/Sat Boot Camp/Tue: \$ 124.10

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## **BOOT CAMP—HOOAH!**

**S10VA0403**

Saturday morning, 0700-0800

**Apr 10 (in the WAREHOUSE)**

Apr 17

Apr 24

May 1

May 8

**May 15 (in the WAREHOUSE)**

May 23

**NO CLASS May 29**

Jun 5

Jun 12

**NO CLASS Jun 19 L2L 5K**

Sat Boot Camp only: \$ 36.50  
Sat Boot Camp/Tue: \$ 84.70  
Sat Boot Camp/Tue/Thu: \$ 123.20  
Sat Boot Camp/Thu: \$ 75.00  
Sat Boot Camp/Sat Cardio: \$ 75.90  
Sat Boot Camp/Thu/Sat Cardio: \$ 114.40



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Capital Baptist Church, Education Building, 1<sup>st</sup> Floor, Annandale, VA

## **POWER STRENGTH**

**S10VA0408**

Liz Berbano, ACE Certified Group Fitness Instructor  
[epberbano@hotmail.com](mailto:epberbano@hotmail.com) (703)941-3054

Thurs, 7-8 pm

Apr 8

Apr 15

Apr 22

Apr 29

May 6

May 13

May 20

May 27

Jun 3

Jun 10

Jun 17

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Thu only: \$ 43.50

Thu/Sat (cardio): \$ 82.90

ALL 4 CLASSES: \$ 162.60