

## Body and Soul SUMMER FAVORITES Session 2010



### **CARDIO/STRENGTH CLASS M10VA0406 (Tue Only for Summer)**

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**

**Jun 22**

**Jun 29**

**Jul 6**

**Jul 13**

**Jul 20**

**NO CLASS JUL 27**

**NO CLASS AUG 3**

**Aug 10**

**NO CLASS Aug 17**

**Aug 24**

**NO CLASS AUG 31**

**NO CARDIO SATURDAY CLASS FOR SUMMER!**

**COME TO BOOT CAMP 8:30-9:30 INSTEAD!**

Tue only: \$ \$35.70

Tue/Thu: \$ 53.20

Tue/Sat Cardio: \$ --

Tue/Thu/Sat Cardio: \$ --

Sat Cardio only: \$ --

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



Body and Soul SPECIAL SUMMER Session 2010

**BOOT CAMP—HOOAH!**

**S10VA0403**

**Saturday morning, 0830-0930—SPECIAL SUMMER HOURS!**

**SLEEP IN A LITTLE—THEN GET READY FOR PUSH-UPS**

**4 CLASSES WITH LIZ IN JUNE**

**(Possible 4 additional classes with special guest instructor JUL-AUG!)**

26 Jun

3 Jul

10 Jul

17 Jul

Possible additional classes To Be Announced (pending additional instructor)

Sat Boot Camp only: \$ 19.00 (additional fee will be added if session is extended)

Sat Boot Camp/Tue: \$ 49.70

Sat Boot Camp/Tue/Thu: \$ 67.20

Sat Boot Camp/Thu: \$ 36.50

Sat Boot Camp/Sat Cardio: \$ --

Sat Boot Camp/Thu/Sat Cardio: \$ --



## Body and Soul SUMMER FAVORITES Session 2010

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

Jun 24

Jul 1

Jul 8

Jul 15

Jul 22

NO CLASS JUL 29 (watch Power Strength DVD!)

NO CLASS AUG 5 (watch Power Strength DVD!)

NO CLASS AUG 19, 26

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Thu only: \$ 22.50

Thu/Sat (cardio): \$ --

ALL 4 CLASSES: \$ --