



Body and Soul WINTER SESSION 2012!

I'M ALL IN!

CARDIO/STRENGTH CLASS W12VA0406 With classes of
cardiokickboxing/INTERVAL BOOT CAMP fusion and
strength/flexibility!

DANCE BLAST AND STRENGTH PILATES FUSION 0401 With optional Nutrition Class Bible Study (8:45-9:15)

Capital Baptist Church GYM (or Room 206-208), 3504 Gallows Rd, Annandale, VA
Liz Berbano, ACE Certified Group Fitness Instructor
epberbano@hotmail.com (703)941-3054

Tue, 7:00-8:15pm (0406—11 classes)

JAN 3
JAN 10
JAN 17
JAN 24
JAN 31
FEB 7

NO CLASS—FEB 14

FEB 21
FEB 28
MAR 6
MAR 13

MAR 20 (make-up/extension)

MAR 27 (make-up/extension)

Sat 7:45-8:45am (0401—8 classes)

JAN 7
JAN 14
JAN 21—MLK WEEKEND (YES, CLASS)
NO CLASS—JAN 28

FEB 4
FEB 11

NO CLASS—FEB 18 (PRES DAY WKND)

FEB 25
MAR 3

MAR 10—Strength/Flex at Liz's House

NO CLASS— MAR 17 SPRING WRKSHP

NO CLASS—MAR 24

MAR 31 (make-up/extension)

Tue only: \$ 55.00
Tue/Thu: \$ 91.00
Tue/Sat: \$ 95.00
Tue/Thu/Sat: \$ 131.00
Sat only: \$ 45.00



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Capital Baptist Church, Education Building, 1st Floor, Annandale, VA

POWER STRENGTH
W12VA0408

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Thurs, 7-8:00 pm (9 classes)

JAN 5

JAN 12

JAN 19

NO CLASS-JAN 26

FEB 2

FEB 9

FEB 16

FEB 23

MAR 1

MAR 8

NO CLASS-MAR 15

NO CLASS MAR 22 (make-up/extension)

MAR 29 (make-up/extension)

NO CLASS APR 5

Thu only: \$ 41.00
Thu/Sat: \$ 81.00