

Body and Soul Winter Session 2010



CARDIO/STRENGTH CLASS F09VA0401/0406

Capital Baptist Church, Annandale, VA
Liz Berbano, ACE Certified Group Fitness Instructor
epberbano@hotmail.com (703)941-3054

Tues, 7:00-8:15pm

Jan 5
Jan 12
Jan 19
Jan 26
Feb 2
Feb 9
Feb 16
Feb 23
Mar 2
Mar 9

Sat, 8:00-9:15am

Jan 9
Jan 16
NO CLASS Jan 23 L2L KICK-OFF
Jan 30
Feb 6
Feb 13
Feb 20
Feb 27
Mar 6
Mar 13

SNOW MAKE-UP (NO FEE) OR EXTENSION (ADDITIONAL FEE)

Mar 16
Mar 23
Mar 30

Mar 20
Mar 27
Apr 3

Tue only: \$ 48.80

Tue/Thu: \$ 83.80

Tue/Sat Cardio: \$ 88.20

Tue/Thu/Sat Cardio: \$ 123.20

Sat Cardio only: \$ 44.40

Sat Cardio/Sat Boot Camp/Tue: \$ 75.90

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BOOT CAMP—HOOAH!

F09VA0403

Remains Saturday morning, 0700-0800

Jan 9

Jan 16

NO CLASS Jan 23 L2L KICK-OFF

Jan 30

Feb 6

Feb 13

Feb 20

Feb 27

Mar 6

Mar 13

SNOW MAKE-UP (NO FEE) OR EXTENSION (ADDITIONAL FEE)

Mar 20

Mar 27

Apr 3

Sat Boot Camp only: \$ 36.50

Sat Boot Camp/Tue: \$ 80.30

Sat Boot Camp/Tue/Thu: \$ 115.30

Sat Boot Camp/Thu: \$ 71.50

Sat Boot Camp/Sat Cardio: \$ 75.90

Sat Boot Camp/Thu/Sat Cardio: \$ 110.90

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

POWER STRENGTH

F09VA0408

Liz Berbano, ACE Certified Group Fitness Instructor

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Thurs, 7-8 pm

Jan 7

Jan 14

Jan 21

Jan 28

Feb 4

Feb 11

Feb 18

Feb 25—CLASS AT CORNERSTONE, SMALL BUILDING

Mar 4

Mar 11

SNOW MAKE-UP (NO FEE) OR EXTENSION (ADDITIONAL FEE)

Mar 18

Mar 25

Apr 1

Thu only: \$ 40.00

Thu/Sat (cardio): \$ 79.50

ALL 4 CLASSES: 154.70 (\$4/class—38 classes to keep you going through the Winter!)