

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
MORNING						Tx Isshinryu Karate Mike 8:30 – 10:00am
	Morning Rejuvenation Yoga Sandi 10:15 – 11:00am			Morning Rejuvenation Yoga Sandi 10:00 – 10:45am	Pilates 101 Sue See Fitness Desk for Details & Times	
AFTERNOON	Strong, Stretched & Balanced Pam 1:15 – 2:00pm				Strong, Stretched & Balanced Pam 1:15 – 2:00pm	Bundle Swim & FIT 2 Save 10% on Both!
	Circuit Training Pam 5:30 – 6:30pm					
	Tx Isshinryu Karate Mike 7:00 – 9:00pm			Tx Isshinryu Karate Mike 7:00 – 9:00pm	1400 Summit Ave. Plano, TX 75074 (972) 578 – SWIM (7946) www.aquafitplano.com	

Fit 2 Fitness Fees Per Month:

Annual Enrollment Fees: Individual or Senior Couples \$40 / Family Enrollment \$55			
Circuit Training – 1 class per week	\$35.00	Pilates – 1 per week	\$50 for 5
Strong, Stretched & Balanced – 1class per week / 2 per week	\$25/ \$45.00		
Yoga – 1 class per week / 2 per week	\$45/ \$75.00	Drop-In Fitness Class	\$15.00
Texas Isshinryu Karate – Contact Mike Harper (214) 914-4473 – http://www.texasissheinryu.org/			
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Class Descriptions

Morning Rejuvenation Yoga with Sandi – This class offers a mix level, even beginners, those in pain or with limited range of movement. Poses are done in a chair, or on a mat. The class will include: The Joint Freeing Series ©, gentle yoga poses, deep relaxation and breath work.

Circuit Training with Pam – This has been designed for fun. The class will build your skill set, endurance, strength, core, and flexibility. Fitness is always more fun in a group.

Pilates with Sue – Pilates classes offer a total body workout but focus on aligning the spine and strengthening the core. The exercises done in Pilates classes involve regimented movements to gain core and spine strength. This class starts with square one and is adaptable for all fitness levels and ages.

Strong, Stretched and Balanced with Pam – This designed to build strength, endurance, flexibility and balance. Each year one out of three adults 65 and older fall. Falls can be moderate to severe. Falls are preventable! Come build a strong and balanced body on land so you won't become a statistic!

Texas Isshinryu Karate Kai with Mike – All ages from beginner to black belt. Gain more self-confidence, discipline, respect and self-defense. Contact Mike – (214) 914-4473 or <http://www.texasissheinryu.org/> for more information.

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Fit2Studio

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