

Bar Cardio Class Schedule (417) 268-8771

[www.barcardio.com](http://www.barcardio.com) register/class info online

10 Classes \$110 (exp 3 mths) 20 Classes \$215 (exp 5 mths)

40 Classes \$360 (exp 7 mths) 5 Classes \$60

Drop in \$15

(P) Class can be modified for Plus Size Figure

\*\* Registration required one hour before class either online or call/text 417-268-8771

July 2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am					Full Body Toning (P) Kristy	Cardio Combo Walk & Tone(P)** Kristy
10:00am					Cardio Tap (P) Kristy	Full Body Toning(P)** Stephanie
11:00am	Cardio Tap (P) Kristy	Full Body Toning (P) Kristy	Full Body Toning (P) Kristy		Deep Stretch (P)** Kristy	Tone & Stretch Missy (P) <b>Registration required 24 hours in advance</b>
12:00pm			Deep Stretch(P) Kristy		Cardio Lite Balance (P)** Kristy	
1:00pm	Cardio Lite Balance Combo (P) Kristy	Cardio Tap(P) Kristy	Cardio Lite Balance Combo (P) Kristy			
5:45pm	Pound Fitness (P)** Kim					
6:00pm		30 Minute Power Lower Body (P)** Stephanie	30 Minute Power Upper Body (P)** Stephanie	30 Minute Power Abs (P)** Stephanie		
6:30pm	Cardio Combo Walk & Tone(P)** Kristy	Movement & Meditation (P)** Burnette	Step It Up ** Robin	Barre Workout (P)** Robin		
7:30pm	Candle Light Gentle Stretch/Yoga (P)** Missy	Tabata Toning** Stephanie	Tabata Toning ** Stephanie	Candle Light Yoga (P)** Missy		