

Bar Cardio Class Schedule (417) 268-8771

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 (exp 3 mths)
 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

September 2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		Walk & Tone(P)** Kristy		Walk & Tone(P)** Kristy	Walk & Tone(P)** Kristy	
9:00am					Full Body Toning (P) Kristy	Walk & Tone(P)** Kristy
10:00am					Cardio Tap (P) Kristy	30 Minute BABS/Deep Stretch(P)** Kristy
11:00am	Walk Tone Cardio Combo (P)** Kristy	Full Body Toning (P)** Kristy	Full Body Toning (P)** Kristy		Deep Stretch (P)** Kristy	
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			
5:30pm	Pound Fitness (P)** Kim	BABS* (P)** Kristy		BABS* (P)** Kristy		
6:00pm			Step It Up & Barre Workout ** Robin			
6:30pm	Cardio Combo Walk & Tone(P)** Kristy	Movement & Meditation (P)** Burnette		Deep Stretch (P)** Kristy		

New Class and Workshop

***BABS Class**- Build a Butt & Shape-focusing on the glutes, lifting, shaping and toning!

September 16^t & September 17th 10:00am

Mindset Reset, learn how to reach your wellness goals with ease, motivation & happiness from Integrative Wellness Coach, Burnette Nguyen-Emerson.

Tickets available www.eventbrite.com