

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 (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

January 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		Walk^Cardio & Tone(P)** Kristy		Walk^ Cardio & Tone(P)** Kristy	Walk^ Cardio & Tone(P)** Kristy	
9:00am	Full Body Toning (P)** Kristy		Full Body Toning (P)** Kristy		Full Body Toning (P)** Kristy	Walk^Cardio & Tone(P)** Kristy
10:00am					Cardio Tap (P)** Kristy	30 Minute BABS/Deep Stretch(P)** Kristy
11:00am	Groovin' Aerobics (P)** Kristy	Full Body Toning (P)** Kristy	Full Body Toning (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			
5:00pm	Power Workout (P)** Amy	Power Workout (P)** Amy	Power Workout (P)** Amy		Power Workout (P)** Amy	
5:30pm	Pound Fitness (P)** Kim	BABS* (P)** Kristy		BABS* (P)** Kristy		
5:45pm			Total Conditioning Tabata (P)** Robin			
6:30pm	Walk^Cardio Combo & Tone(P)** Kristy	Deep Stretch (P)** Kristy		Deep Stretch (P)** Kristy		

Added 9:00am Full Body Toning Monday & Wednesday

New Class **Wednesday 5:45pm** Total Conditioning Tabata w/Robin

^Weather will determine if we walk