

**Women's Fitness Class Schedule AlamoShape.com No Contracts, Just Results!
\$39/Month for 170+ Unlimited Classes**



| Time/Day | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|-------------------|----------|-------------|-----------|-------------|----------|------------------------------------|
| 530 AM TTH | | | STEP 530 AM | | STEP 530 AM | | |
| 630 am TTH | | | YOGA 630 | | YOGA 630 | | |
| 730 am TTH | | | STEP 730 am | | STEP 730 am | | |
| 830 am Mon-Sat | | YOGA 830 | YOGA 830 | YOGA 830 | YOGA 830 | YOGA 830 | STEP 830 |
| 935 am Mon -Sat | Zumba 1030 | Step 935 | Zumba 935 | Step 935 | Zumba 935 | Step 935 | 935 PI-YO (Pilates and Yoga combo) |
| 1035 Sat 11:35 Sun | 1135 am Coed Yoga | | | | | | 1035 MixedFit |



Please check our business Facebook pages, AlamoShape, AlamoCafe, AlamoShape Yoga, and AlamoShape MixedFit for motivation, tips, and schedule updates!

Try SuperShape or SoftShape Weight Loss & Toning 4-week personal training! Ask about our Coed and FitGuy training!

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|------------------------|--|---|------------------------------------|---|------------------------------------|--------------|---|
| 4:30 Mon - Thurs | | ZUMBA 430 | Dance Fitness 430 | 430 Cardio Hour in the Training Room | MixedFit 430 | | <i>Club opens 5 minutes before class starts. Classes are 55 minutes long. Class times and formats are subject to change. Suite 765 in the Granada Center, 700 East 1st St No Free class passes for Belly Dance classes, sorry!</i> |
| 5:30 Mon - Fri | | ZUMBA 530 PM & LOW IMPACT/ Tummy Toner 530 PM | ZUMBA 530 PM | New!!! MixedFit 530 PM & LOW IMPACT/ Tummy Toner 530 PM | ZUMBA 530 PM | ZUMBA 530 PM | |
| 6:35 pm Mon - Thursday | | MixedFit 635 pm | ZUMBA 635 pm & Belly Dance! 635 PM | MixedFit 635 pm | ZUMBA 635 pm & Belly Dance! 635 PM | | |

We have a relaxed atmosphere you will enjoy, with no salespeople! Email us at info@alamoshape.com for the current schedule. **2018 SEPTEMBER \$39/month or \$7/class (tax already included @)**