


**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 Coed 630		YOGA Coed 630		
730 am TTHF			STEP 730 am		STEP 730 am	YOGA 730 am	
830 am Sat-Thur	Buti Yoga 830	YOGA 830	YOGA 830	YOGA 830	YOGA 830		STEP 830
935 am Mon -Sat		Step 935	Zumba 935	Step 935	Zumba 935	Step 935	935 MixedFit
1035 Sun/Fri	MixedFit 1035		 Find us on Facebook			1035 Yoga (30 min)	

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!

4:30 Mon – Thurs 5 pm		ZUMBA 430	Dance Fitness 430	ZUMBA 430	ZUMBA 430		<i>Club opens 5 min before class Classes are 55 min long, times & formats subject to change. #765 in the Granada Center, 700 E. 1st No Free class passes for Belly Dance Classes or AlamoSwing Dance Lessons **AS Dance Lessons are \$5 Each, approx. 2 hours long, and not Included in the \$39/mo classes.</i>
5:30 Mon – Fri		ZUMBA 530 PM & LOW IMPACT/ Tummy Toner 530 PM	ZUMBA 530 PM	ZUMBA 530 PM & LOW IMPACT/ Tummy Toner 530 PM	MixedFit & BELLY DANCE 530 PM	ZUMBA 530 PM	
6 pm			Buti Yoga 6 pm			Buti Yoga 6 pm	
6:35 pm Mon-Fri Tues 7 pm		MixedFit 635 pm	MixedFit 635 pm **Alamo Swing Dance Lessons \$5/class 7 pm	MixedFit 635 pm	Zumba 635 pm	MixedFit 635 pm	

We have a relaxed atmosphere you will enjoy, with **no salespeople!** Email us at info@alamoshape.com for the current schedule. **2019 FEBRUARY \$39/month or \$7/class (tax already included)**