


**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 n' Tone 530 am		Step n' Tone 530 am		
6:30 am MW		NEW TIME!!! YOGA Coed 6:30 am		NEW TIME!!! YOGA Coed 6:30 am			
830 am Sat-Thur	NEW TIME!!! MixxedFit 830	YOGA 830	YOGA 830	YOGA 830	YOGA 830		STEP 830
935 am Sun -Sat	NEW TIME!!! Buti Yoga 935	Step 935	Zumba 935	Step 935	Zumba 935	Step 935	935 MixxedFit
10:35 Fri			 Find us on Facebook			10:35 Yoga (30 min)	

Please check our business Facebook pages, AlamoShape, AlamoCafe, AlamoShape Yoga, and AlamoShape MixxedFit 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		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	LOW IMPACT/ Tummy Toner 530 PM & MixxedFit 530 pm	MixxedFit & BELLY DANCE 530 PM	ZUMBA 530 PM	
6:35 pm Mon-Fri Tues 7 pm Alamo Swing class!		MixxedFit 635 pm	New! Buti Yoga 635 pm **Alamo Swing Dance Lessons \$5/class 7 pm	MixxedFit 635 pm	New! Buti Yoga 635 pm	MixxedFit 635 pm	

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