


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

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		ZUMBA 430	<b>Dance Fitness 430</b>	ZUMBA 430	ZUMBA 430		<i>Club opens 5 min before class Classes are 55 min long, times &amp; formats subject to change.#765 in the Granada Center, 700 E. 1<sup>st</sup> 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		<b>ZUMBA 530 PM &amp; LOW IMPACT/ Tummy Toner 530 PM</b>	<b>ZUMBA 530 PM</b>	<b>LOW IMPACT/ Tummy Toner 530 PM &amp; MixedFit 530 pm</b>	<b>MixedFit &amp; BELLY DANCE 530 PM</b>	<b>ZUMBA 530 PM</b>	
6:35 pm Mon-Fri <b>Tues 7 pm Alamo Swing class!</b>		<b>MixedFit 635 pm</b>	<b>New! Buti Yoga 635 pm  **Alamo Swing Dance Lessons \$5/class 7 pm</b>	<b>MixedFit 635 pm</b>	<b>New! Buti Yoga 635 pm</b>	<b>MixedFit 635 pm</b>	

We have a relaxed atmosphere you will enjoy, with **no salespeople!** Email us at [info@alamoshape.com](mailto:info@alamoshape.com) for the current schedule. **2019 REVISED MARCH \$39/month or \$7/class (tax already included©)**  
**(Note: 530 am Step with Charlotte will be back in April!)**