


Women's Fitness Class Schedule AlamoShape.com No Contracts, Just Results!

\$39/Month for 170+ Unlimited Classes



Time/Day	SUNDAY	MONDAY	TUE SDAY	WEDNE SDAY	THUR SDAY	FRIDAY	SATURDAY
5:30 am TTH			Step n' Tone 5:30 am		Step n' Tone 5:30 am		
8:30 am Sat-Thur	Mixed Fit 830	YOGA 8:30	YOGA 8:30	YOGA 8:30	YOGA 8:30		STEP 8:30
9:35 am Sun -Sat	Buti Yoga 935	Step 9:35	Zumba 9:35	Step 9:35	Zumba 9:35	Step 9:35	9:35 MixedFit
10:35 Fri			 Find us on Facebook			10:35 Restorative Yoga (30 min)	10:35 Zumba

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!

NEW!! 4 pm T/Th			Belly Dance (Beginner) 4:00 PM		Belly Dance (Int/Adv) 4:00 PM		
4:30 Mon – Thurs		ZUMBA 4:30	Dance Fitness 4:30	ZUMBA 4:30	ZUMBA 4:30		<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 5:30 PM & LOW IMPACT/ Tummy Toner 5:30 PM	ZUMBA 5:30 PM	LOW IMPACT/ Tummy Toner 5:30 PM & MixedFit 5:30 pm	Mixed Fit 530 pm	ZUMBA 5:30 PM	
6:35 pm Mon-Fri Tues 7 pm Alamo Swing class!		Mixed Fit 6:35 pm	Buti Yoga 6:35 pm **Alamo Swing Dance Lessons \$5/class 7 pm	Mixed Fit 6:35 pm	Buti Yoga 6:35 pm		

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