



Studio Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 6:30		Cycling 5:30-6:15am (Judy)		Cycling 5:30-6:15am (Judy)		
9:00 9:45						Cardio Combo Instructors choice
10:00 11:00						Pilates
AM						
PM						
12:05 12:50	PIYO (Germaine)	PIYO (Kate)	PIYO (Germaine)	PIYO (Heather)	Cycling (Heather)	<div style="border: 1px solid gray; border-radius: 15px; padding: 10px; text-align: center;"> <p>\$40/mo Unlimited no sign-up fee</p> </div>
5:30 6:30	Cycling 5:15-6:00pm (Heather)	Pilates	Cycling 5:15-6:00pm (Kate)	Pilates (Sheila)		

**Sunday Cycle Classes are at 1:00 p.m.
Sign up required!**



Arrowhead Plaza
1138 B North 3rd
Bismarck, ND 58501
701.223.9955

The only thing that matters... Results.

Classes are geared for all levels - beginners welcome.

Pilates: Do you want core strength? Then this is the class for you! A fresh approach towards strengthening core muscles, developing flexibility, and energizing your body. You will be pleased to feel and see your body transform.

Cardio Combo: This is a great cardiovascular workout that is sure to keep you motivated and having fun by combining kickboxing, step, floor aerobics, and a variety of other cardio activities.

Pilates/Yoga: Come for this great combination of Pilates and Yoga geared towards improving strength, flexibility, and core work. You'll feel refreshed after each class.

Cycling: Sign up is required for this class as space is limited. A great interval training workout sure to burn maximum calories!