

# The Spa at Ballantyne

*Pro Trainer Fitness*

## August Classes

### Monday

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10am Water Workout  
12pm Slimnastics  
615pm Just Danz  
7pm Abs Only - CORE Training (*abs and cardio only*)

### Tuesday

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11 am Water Exercise  
1230pm Slimnastics  
630pm Belly Dance \$15

### Wednesday

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630am Men's Fitness Evolution Class  
10am Water Workout  
12pm Slimnastics  
5:30pm Athletic Sculpting \$15  
6:30pm Athletic Sculpting \$15  
6:30pm Water Class

### Thursday

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11 am Water Exercise  
1230pm Slimnastics  
615pm Belly Dance \$15  
715pm Belly Dance \$15

### Friday

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10am Water Workout

### Saturday

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7am Men's Fitness Evolution  
9am BOXING Interval Training  
11am Belly Dance *BOOTCAMP* \$15  
12pm Water Workout

**All Classes \$10 each**

Class Card of 5 - \$45

Class Card of 10 - \$90

Class Card of 15 - \$120

1 year Unlimited classes \$540