

The Spa at Ballantyne
Pro Trainer Fitness
February Classes

Monday

630am Strength/Core/Athletic Conditioning
10am Water Workout

INSTRUCTOR

Mike
Scott

Tuesday

630am Strength/Core/Athletic Conditioning
8am **NEW!** Water Strength Intervals

Mike
Jason

Wednesday

630am Strength/Core/Athletic Conditioning
7:15am Liquid Tai Chi
10am Water Workout

Mike
Frances
Antoinette

630am Strength/Core/Athletic Conditioning
8am **NEW!** Water Strength Intervals

Mike
Jason

Friday

10am Water Workout

Antoinette

Saturday

9am Liquid Tai Chi (*Saturdays except 2/25*)

Frances

All Classes \$20 each

Class Card of 5 - \$45

Class Card of 10 - \$90

Class Card of 15 - \$120

Unlimited Class Card \$540 for 1 year