

The Ballantyne Hotel

Pro Trainer Fitness

July Classes

Monday

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

Tuesday

930am Yoga
11 am Water Exercise
1230pm Slimnastics
630pm Belly Dance \$15
730pm Body Sculpting

Wednesday

10am Water Workout
12pm Slimnastics
630pm Water Workout

Thursday

930am Yoga
11 am Water Exercise
1230pm Slimnastics
615pm Belly Dance \$15
715pm Belly Dance \$15

Friday

10am Water Workout

Saturday

9am BOXING Interval Training
11am Belly Dance *Intro \$15*
12pm Water Workout
12pm Body Sculpting (7/25 only)

All Classes \$10 each

Class Card of 5 - \$45

Class Card of 10 - \$90

Class Card of 15 - \$120

1 year Unlimited classes \$540