








Martini's Fitness class schedule

One class \$12.00 or Ten classes \$100.00 or \$89 unlimited monthly classes

Annual \$79.00 member fee with class card or monthly due, payment to Martinis Fitness/check ,cash only/**no refunds**

Call or text martini: 609 481 8027 E- mail martini @ : Addictafit40@verizon.net

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.45 -9.45 Step aerobics	9.15.10.00 Good ol 80's Aerobics dance 9.15- 10.15 Ballet barre (begins February)	9.15 -10.15 Step aerobics sculpting and abs	9.15 – 10.00 Cardio kick fusion aerobics and tone	No classes	 9.00 – 9.55	
	10.00 – 11.00 Bumps n lumps begone sculpting	11.00 – 11.55 Yin yoga stretch for beginners (minimum of 4 people must attend)	10.00 – 11.00 Bumps and lumps begone sculpting		Cardio Fusion 10.00 – 10.50	 11.00 – 12.00
	11.00 – 12.00 Chair fitness & chair yoga for beginners Balance , tone, stretch (begins February, minimum 8 students)					
Evening	Evening	Evening	Evening	Evening	Evening	Evening
 6.15 – 6.45 zumba step 6.45 - 7.15 zumba toning 7.15 – 7.45 zumba jam	 6.00 – 6.55	Cardio kick Fusion 6.15 – 7.15	 6.00 – 6.55			
	C.S.C. Step,sculpt,abs 7.00– 8.00		20/20/20 CARDIO/SCULPT 7.00– 8.00			

LOCATED AT GLOBAL PROVING GROUND SPORTS COMPLEX, 1205 RT 73, MT LAUREL, NJ 08054