

THE
GYM
 OFNEWIBERIA.COM • 365.2640
WINTER 2017

Schedule from NOV 1 – JAN 31

Any class with less than 8 in attendance is revamped for the next month or removed from calendar

MONDAY

5:00AM Bootcamp
 8:30AM Interval Combo
 9:30AM **ROCK N ROLL Yoga**
 4:30PM Dance & Tone
 5:30PM **Tabata Circuit**
 SPIN

TUESDAY

8:30AM **Hi/Lo LightWeightCardio**
 4:30PM SPIN/Butts & Guts (30/30)
 5:30PM **Kick IT at the BARRE**
 6:30PM Vinyasa Yoga

WEDNESDAY

5:00AM Bootcamp
 8:30AM Hip Hop Abs
 9:30AM VinYinYoga
 4:30PM **Tabata Circuit**
 5:30PM **POUND**
 SPIN

THURSDAY

8:30AM **Totally Toning**
 5:30PM **HIIT**
Rest Release Restore Yoga

SATURDAY JAN 6,13, 20, 27

8:30AM Interval Combo

FRIDAY

5:00AM Bootcamp
 8:30AM **Hip Hop POUND**
 9:30AM **Barre Tab**

JANUARY MONTHLY UPDATE

Kids Camp Jan 3-4 8a-3p Kids 3-12
GYM JR Spring Sessions PREREGISTER
FRI 10:45AM starts JAN. 12
SAT ROGUE 7:30AM RESERVE @ DESK
SHAKE OF THE MTH:: Emergen-C Shake
JAN SALE 20.18% off of tights & pants
Spray Tan SALE: Mem-3Tans/\$100
Guest Policy >13 yrs =\$10 <12yrs=\$5
6wks-7yrs in Daycare = \$2

DAYCARE HOURS

Mon Wed Fri 8:15 - 10:45AM
 Tu Th Sat 8:15-9:45AM
 Mon Tues Wed 4:15 - 6:45 PM
 Thurs 5:15 - 6:45 PM



GYM JR Spring Sessions start
Friday JAN 12th @ 10:45am.

Register Now

Members: \$125/ session

Drop-In Rate: \$10

NonMembers: \$150/ session

Drop-In Rate: \$12

Ages 1-7. 1 hour exercise class.

New Year. New You. & New Pants!
2018 Retail SALE: 20.18% off all pants

*Accomplish your
New Years resolution here:*

Snowbird Memberships:

starts at \$350 for 3mth-no reg.

Yearly Memberships: \$75+ tax. reg.

2018 special: \$118 registration in Jan

& monthly rate starting at \$60+tax

*rates increase as the number of people over
the age of 13 are included in membership*

Spray Tans available Here

You are only 15 min away
from a perfect tan. Call us
337.365.2640 to schedule
an appointment today.

Members: \$40

NonMembers: \$45

SPRAY TAN SPECIAL

perfect for all your Mardi Gras Balls

Members: 3Tans / \$100

NonMembers: 3Tans/ \$115

Refer a friend & get \$5 off your tan!

Shake of the Month:

Blast off to the New Year Emergen-c

We want you to **GO ROGUE** with us. Weekday AMs & Saturdays @ 7:30am.

Stop by or call us to reserve your spot. Members: \$12 NonMembers: \$15

Punch Card Option: Members: 5/ \$50 NonMembers: 5/ \$60



January