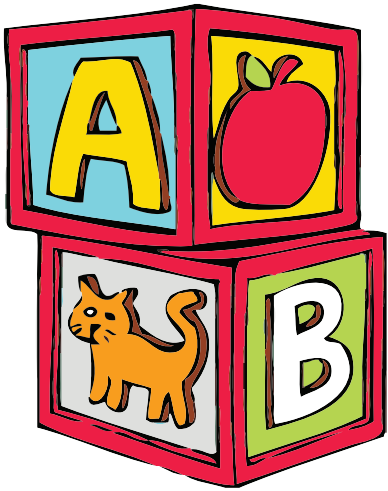


Don't sweat it! We'll watch your kids.



Monday through Friday
For parents participating in group exercise classes.

Anchor Babysitting

8:15am-1:15pm
\$3.00/per child per hour

Preschoolers through 8 years old & must be potty trained.

Actually, go ahead
and work up a sweat.
We've got some great
fitness classes at a
great rate. We'll even
watch your kids while
you participate.

All fitness classes 50 minutes
(unless otherwise specified)

\$8 Drop-in Fee/Class or
12-Class Punch Card for \$60
(good for 1 year)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15	Strength & Conditioning <i>Carrie</i>	Sweat & Abs <i>Kelly</i>	Strength & Conditioning <i>Carrie</i>	Sweat & Abs <i>Carrie</i>	PiYo <i>Carrie</i>
9:15	Pound <i>Stacie</i>	Cardio Kickboxing <i>Carrie</i>	Cardio Sculpt <i>Carrie</i>	Cardio Sculpt <i>Tru</i>	Zumba <i>Stacie</i>
10:15	PiYo <i>Dianne</i>	Sculpt & Tone <i>Carrie</i>	PiYo <i>Diane</i>	Sculpt & Tone <i>Tru</i>	PiYo <i>Dianne</i>
11:15	Gentle Yoga <i>Kathryn</i>	Strength & Balance <i>Kathryn</i>	Gentle Yoga <i>Kathryn</i>	Strength & Balance <i>Kathryn</i>	Gentle Yoga <i>Kathryn</i>
12:15		Fit After Fifty <i>Beth</i>		Fit After Fifty <i>Beth</i>	

All classes and schedule subject to change. Call (440) 930-4141 or check www.avonlake.org for latest class info.



Next to the old Avon Lake Theater at
33483 Lake Road

