

LMG Dance and Fitness presents: MIX

Class Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
Summer 2010					
9:00-10:00am					
10:00-11:00am					
11:00-12:00pm					
12:00-1:00pm					
			<i>Continues 8/4.</i>		
5:30-6:30pm	G.L.A.M	Yoga MIX (PWR)	Stretch It	Boot Camp!	
6:30-7:30pm	The MIX Tech.	The MIX Tech.	The MIX Tech.	The MIX Tech.	
7:30-8:30pm	Yoga MIX (PWR)	Burlesque 101	Funky Yoga	Ambient Yoga	
YOGA	<p><u>Adult Package Rates:</u></p> <p><i>First Class Free! SD residents only, please.</i></p> <p><i>No pre-registration needed. On-going classes.</i></p> <p><i>Drop-in rate (single class) \$10</i></p> <p><i>5 class package-\$45</i></p> <p><i>10 class package-\$85</i></p> <p><i>15 class package-\$125</i></p> <p>Summer Discount: \$65 One Month Unlimited!</p> <p><u>Offer valid thru 8/31/10.</u></p> <p><i>(Packages purchased after 1/1/10 expire in 6 months)</i></p> <p><i>No refunds on class packs.</i></p> <p><i>Class packs not transferable between family or friends.</i></p>				
DANCE					<p>4836 Rolando</p> <p>619.889.0061</p> <p>www.LMGDANC</p> <p>info@LMGDANC</p>
FITNESS					<p><u>Personal Train</u></p> <p><i>Please call for</i></p> <p><i>and to schedul</i></p> <p>\$65/appnt. Pre-</p> <p>Packages avail</p>



Saturday	Sunday
A.M. Yoga	
Boot Camp!	
Abs MIX	
Contempo Jazz	

Yoga Winedown: 21+
 Yoga (7-8pm) Wine (8-9pm)
 6/26, 7/24 & 8/28

MIX
 Blvd. SD. CA 92115
 EANDFITNESS.com
 EANDFITNESS.com

ning Available:
 a consultation
 le.
 -payment required.
 lable.