

January 2019 Fitness Schedule

Drop In Class Rate \$13

Single class

Student Drop In Rate \$12

Single class

8 Session Punch Card \$75

6 month expiry

Monthly Membership \$40

- 3 month minimum
- FREE towels
- FREE pass for a friend new to the studio, once monthly
- FREE monthly session in the Oceana Spa Capsule

New to BE Fit & Wellness studio?

Enjoy 1 month of unlimited classes for only \$50! Sign up for a 1 month trial and try our classes, meet our friendly staff and terrific instructors. Available to first time clients only.

*Prices do not include tax

Wednesday	5:30-6:30 PM	Warm Yoga Flow	Cynthia
Wednesday	6:45-7:45 PM	Yin Yoga	Shelly
Thursday	6:30-7:30 PM	Yoga Fit	Cynthia
Friday	6:30-7:30 PM	BE Fit Barre	Sara
Saturday	9:00-10:00 AM	Core Fitness	Cynthia
Saturday	4:30-5:30 PM	BE Fit Barre	Sara