

Your last excuse just got on the bus....



Circle D Fitness and the PTSA are joining together to promote Health and Wellness!

Convenient Class Times!

**Morning Classes begin at 9:30 a.m.
(Monday-Friday)**

(Plenty of time to get from the bus to the gym!)

Evening Classes begin at 6:30 p.m.

**Saturday classes too!
8:15 BodyPump
9:30 RPM**

**Babysitting Services available
Monday-Friday
9:15-11:30 a.m.**

**Personal Training and Massage Therapy
Services available on-site**

**More than 10% off
regular prices!!!**

Your 2009-10 PTSA membership enables you to enjoy these special, discounted rates!

Individual Rate \$42.50/month
Couple's Rate \$69.50/month
Family Rate \$89.50/month
Group Class Pckg. \$100/10 class

Circle D Fitness Features:

- State-of-the art fitness equipment and free weights
- World Renowned Les Mills Group Fitness Classes (Free to members!)

Group Fitness Classes to improve your strength and aerobic conditioning:

BODYPUMP

- Resistance training made easy! Tone and strengthen your body in less than an hour. Easy to follow routines choreographed to the latest music keeps you coming back!

ON THE BALL Core Training

- Your core is the key to every movement your body makes. Strengthening it will improve all that you do, from day-to-day activities to athletic performance.

RPM

- High-energy cycling class has you pushing yourself, and working hard as the latest music sets the pace.

YOGA

- Traditional yoga to compliment your workout routine. Focus on improving body alignment and balance through stretching and strengthening.

**Circle D Fitness
15535 Carrs Mill Road
Woodbine, MD 21797**

(410) 489-6941