



1211 Farmington Lakes Dr.
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www.allegro-performingarts.com
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Proud Mindbody Business!



Allegro Moves Fitness

2019-2020

Schedule current to August 1, 2020

Walk In-\$10

Pay once, use once

Committed Client Membership - \$60 month

Unlimited classes, individual guidance, BEST quality for the price

10 Class Pack- \$99

Enjoy 10 classes whenever you can through 6 months. This option gives flexibility but does not require commitment for those with demanding schedules.

Family Fitness Membership - \$40

Family members who have at least one student enrolled in the Allegro Performing Arts are offered a monthly membership for \$40/month as long as their student is enrolled.

M	T	W	Th	F	S	
	Pilates Mat 9:00-10:00AM	Core & GO! 8:00-8:45AM	Mat/Chair Twist 9:00-10:00AM	Pilates Mat 9:00-10:00AM	Sunrise Yoga w/Iris 8:00-9:15AM	
Kettle Up! * Core, Shoulder, Arms 12:15-1:00PM	Core & Go! 5:15-6:00PM	Pilates Mat 9:00-10:00AM		Power Barre 10:00-11:00AM	Core & Go! 9:00-9:45AM	
Core & Go! 4:15-5:00PM	Yoga w/ Iris 7:15-8:15PM	Kettle Down! * Core, Spine, Legs 12:15-1:00PM	Power Barre 3:45 - 4:30		Power Barre 10:00-11:00AM \$5	
Power Barre 5:15-6:00PM	Core & Go Calm.. Stretch/Medit 8:00-8:45PM	Core & Go Calm.. Stretch/Medit 8:15-9:00PM	Yoga w/ Iris 7:00-7:45PM			
Yoga w/ Iris 6:00-7:00PM \$5						

Pink-Good for all clients Blue-Weight bearing, clients with severe back issues should avoid

***Lunch Series classes**-Quick, to the point, 45 minute classes covering the bases. Drop in today! Rev. 8/15/19