

the  
**Fitness studio**

Fall 2009 Schedule  
Starts January 4 2010

Please call 314.863.4803 to reserve your spot  
[www.FitSexyBody.com](http://www.FitSexyBody.com)

**Group X Schedule**

**Monday:**

5:15 pm ~ Fit Chicks (Kirsten)  
6:15 pm ~ Cardio StripFit and Pole dancing (Lisa)  
7:15 pm ~ Cardio StripFit and Extended Pole (Lisa)

**Tuesday:**

5:30 pm ~ Pilates (Shannon)  
6:00 pm ~ Cardio Ballet (Kat) Studio B  
6:15 pm ~ Cardio StripFit and Pole Dancing (Shannon)  
7:15 pm ~ LapDance (Kat)

**Wednesday:**

5:15 pm ~ Fit Chicks (Kirsten)  
6:00 pm ~ Hottie Body boxing (Kirsten) Studio B  
6:15 pm ~ Cardio StripFit and Pole Dancing (Kayla)  
7:15 pm ~ Chair StripFit (Kayla)

**Thursday:**

5:30 pm ~ Zumba (Kayla)  
6:15 pm ~ Cardio StripFit and Pole Dancing (LaShell)  
7:15 pm ~ Hip Hop (Christy)

**Saturday:**

9:00 am ~ Hottie Body Boxing (Boni and Kirsten)  
10:00 am Cardio Strip Fit and Pole Dancing (Jessie)  
11:00 am ~ Lap Dance (Kat)  
12:00 am ~ Cardio Ballet (Kat)

**Group X Only Rates:**

\$59 /month

**Personal Training**

**Monday:**

5:45 am ~ (Kirsten)  
9:30 am ~ (Boni)  
6:00 pm ~ (Kirsten)

**Tuesday:**

9:30 am ~ (Kirsten)  
5:45 pm ~ (Boni)

**Wednesday:**

5:45 am ~ (Kirsten)  
9:30 am ~ (Boni)  
6:00 pm ~ Kettlebell w Stephanie

**Thursday:**

9:30 am ~ (Kirsten)  
5:45 pm ~ (Boni)

**Friday:**

5:45 am ~ (Kirsten)  
9:30 am ~ Kettlebell w Stephanie

**P.T Groups and Group X**

\$249/ month