



Fitness Schedule

3 Northern Blvd, Amherst, NH 03031
(603) 673-3978

How to Register

- Fill out the "Try a Class" form at kathyblakedancestudios.com
- Email us at kbdsinfo@gmail.com
- Call us at 603-673-3978

	Mon	Tue	Wed	Thu	Fri	Sat
AM	ZUMBA 9:00-10:00 Ashley	Balancepoint Barre 9:00-10:00 Becca	ZUMBA 9:00-10:00 Liz	Body Conditioning 9:00-10:00 Laura	ZUMBA 9:00-10:00 Sallie Or	ZUMBA 9:00-10:00 Liz
PM	Yoga Noon - 12:45 Melissa	ZUMBA 7:15-8:15 Liz	Balancepoint Barre 6:30-7:25 Becca		Modern Technique 9:15-10:30 Laura	

Fitness Tuition

- Free** First visit only
- \$12** Single Class any time
- \$35** Unlimited monthly ZUMBA tuition
- \$65** Unlimited monthly FITNESS tuition
- \$85** Fitness 10 Class Card (Good for 4 months)

****Important Information****

- For schedule updates, weather cancellations, or latest news, please visit our website at www.kathyblakedancestudios.com.
- New participants must fill out a *Fitness Registration Form*.
- All participants must sign the attendance sheet when entering the studio for each and every class.

See other side for Holiday Closings