

910-575-0975  
[www.BodyEdgeNC.com](http://www.BodyEdgeNC.com)  
 6741-B Beach Dr.  
 Ocean Isle Beach, NC



MEMBER - \$7/CLASS or  
 \$50 for 10 CLASSES  
NON-MEMBER - \$15/CLASS  
 \$80 for 10 CLASSES  
 \* \$99/month UNLIMITED! \*

## MARCH GROUP CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	TABATA		TABATA			
8:15		SPIN BARRE		SPIN BARRE		SPIN
9:00	SPIN & LIFT MUSCLE & CORE		SPIN & LIFT BODY FIT		SPIN MUSCLE & CORE	
10:15		ZUMBA			ZUMBA	
10:30	YOGA		YOGA			YOGA
4:00		GENTLE YOGA		GENTLE YOGA		

Due to the current COVID-19 virus we will run small group classes with a

MAXIMUM of 6 people and

maintain the 6 FOOT SOCIAL DISTANCING RULE.

Thank you for your cooperation!