



Member: \$7/class
or \$50 for 10 classes

Non-member: \$15/class
or \$80 for 10 classes

Unlimited Classes & Gym:
\$99/month

910-575-0975 ♦ **BodyEdgeNC.com**
6741 Beach Dr. Ocean Isle Beach, NC

APRIL GROUP CLASSES

	Classes
Monday	7:00 am: HIIT (High Intensity Interval Training) 10:00 am: Yoga Strength & Stability (60 min) 6:00 pm: Zumba (60 min)
Tuesday	8:00 am: Barre (outside - 45 min) 9:00 am: Senior Classic (outside – 45 min) 9:30 am: Spin & Lift (50 min) 11:00 am: Senior Classic (45 min) 6:00 pm: Pilates
Wednesday	7:00 am: HIIT (High Intensity Interval Training) 10:00 am: Yoga Strength & Stability (60 min) 6:00 pm: Zumba (New Night)
Thursday	8:00 am: Barre (outside – 45 min) 9:00 am: Senior Classic (outside – 45 min) 9:30 am: Spin & Lift (50 min) 11:00 am: Senior Classic (45 min) 6:00 pm: Pilates
Friday	8:30 am: Spin 10:00 am: Gentle Yoga (60 min)
Saturday	9:00 am: Senior Classic (outside – 45 min) 10:00 am: Yoga Stretch (60 min)