



**Member:** \$11/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

## SEPTEMBER GROUP CLASSES

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