



Member: \$10/class
or \$70 for 10 classes

Non-member: \$20/class
or \$100 for 10 classes

Unlimited Classes & Gym:
\$130/month

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

MARCH GROUP CLASSES

	Classes
Monday	8:30 am: Spin (50 min) 10:00 am: Yoga Strength & Stability (60 min) 11:15 am: Spin (50 min)
Tuesday	8:00 am: Barre (45 min) 9:00 am: Senior Classic (45 min) - OUTSIDE 9:30 am: Spin & Lift (50 min) 11:00 am: Senior Classic (45 min) 6:00 pm: Pilates
Wednesday	8:30 am: Spin (50 min) 10:00 am: Yoga Strength & Stability (60 min) 11:15 am: Spin (50 min)
Thursday	8:00 am: Barre (45 min) 9:00 am: Senior Classic (45 min) - OUTSIDE 9:30 am: Spin & Lift (50 min) 11:00 am: Senior Classic (45 min) 6:00 pm: Pilates
Friday	8:30 am: Spin (50 min) 10:00 am: Gentle Yoga (60 min)
Saturday	9:00 am: Senior Classic (45 min) – OUTSIDE 9:00 am: Spin (50 min) 10:00 am: Yoga Stretch (60 min)