



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

Member: \$10/class
or \$70 for 10 classes
Non-member: \$20/class or
\$100 for 10 classes
Unlimited Classes & Gym:
\$130/month

OCTOBER- GROUP CLASSES

	Classes
Monday	8:00 am: Cardio/Strength 9:00 am: Spin (50 min) 10:00 am: Yoga Strength & Stability (60 min)
Tuesday	8:00 am: Barre (45 min) 9:00 am: Senior Classic (45 min- outside) 9:30 am: Spin (50 min) 10:45 am: Senior Classic (45 min) 12:15 pm: (Private Class - 60 min) 6:00 pm: Pilates
Wednesday	8:00 am: Cardio/Strength 9:00 am: Spin (50 min) 10:00 am: Yoga Strength & Stability (60 min)
Thursday	8:00 am: Barre (45 min) 9:00 am: Senior Classic (45 min- outside) 9:30 am: Spin (50 min) 10:45 am: Senior Classic (45 min) 12:15 pm: (Private Class - 60 min) 6:00 pm: Pilates
Friday	9:00 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)