

# DECEMBER



"Igniting the mind, body and spirit."

PILATES ▼ YOGA ▼ GYROTONIC® ▼ MASSAGE ▼ MUAY THAI KICKBOXING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>We look forward to your visit!</b>  <b>Please call to let us know when to expect you!</b></p>		<p>6AM Pilates REFORMER Natalie</p> <p>PILATES MATWORK Dave</p>		<p>6AM Pilates REFORMER Natalie</p> <p>PILATES MATWORK Dave</p>		<p>8AM Jump Board Reformer TBA</p> <p>8:30AM Pilates Matwork Kelley/Ashley</p>
	<p>9AM Pilates REFORMER Natalie</p>	<p>9AM Pilates REFORMER Jan</p> <p>YOGA MIX Jo</p>	<p>9AM Pilates REFORMER Natalie</p>	<p>9AM-10:30AM YOGA MIX Jo</p>	<p>9AM Pilates REFORMER Natalie</p> <p>9:00AM Pilates Matwork Kelly</p>	<p>9AM Pilates Reformer TBA</p>
<p>11AM COMBAT CONDITIONING Thor</p>				<p>11AM ZUMBA Janet</p>		<p>10AM YOGA MIX Linda</p>
<p>1PM ZUMBA Jorge</p>				<p>12PM Pilates REFORMER Natalie</p>		<p>12:30PM Mixed Martial Arts</p>
	<p>2PM PILATES FOR OSTEOPOROSIS Natalie</p>	<p>1PM GYROKINESIS® Natalie</p>		<p>2PM PILATES FOR OSTEOPOROSIS Natalie</p>	<p><b>COMING EVENTS</b></p> <ul style="list-style-type: none"> <li>▼ <b>December 13<sup>th</sup></b> Shawn Brightman will be fighting at the Montgomery County Fairgrounds</li> <li>▼ <b>December 14<sup>th</sup></b> TRILOGY &amp; Team OHR Holiday Party at the Cork &amp; Vine 5pm -7pm</li> </ul> <p><b>January 2009 EVENTS</b></p> <ul style="list-style-type: none"> <li>▼ Zumba Classes on Tuesdays 5:30pm begin. No more Thursday Classes</li> <li>▼ <b>January 7<sup>th</sup></b> @ 7:30pm Dr. Carol Loechinger will be presenting a FREE Seminar at TRILOGY on <b>The Seven Principles of Fat Burning</b> by Eric Berg, DC</li> <li>▼ <b>January 25<sup>th</sup></b> @ 2:30pm Belly Dance Workshop with Kira LaFave. \$35 the day of the event, \$25 for those who pre-register or have packages at TRILOGY.</li> </ul>	
	<p>6PM YOGA MIX Linda</p> <p>Pilates REFORMER Natalie</p>		<p>6PM PILATES MATWORK KELLY</p> <p>Pilates REFORMER Natalie</p>	<p>5:30PM- 6:30PM YOGA MIX Jo</p>		
<p>7PM On The Ball PilatesMATWORK Kelley</p>	<p>7PM Pilates REFORMER Jane</p>	<p>6:45-7:45 Muay Thai basic</p> <p>7:30-8:30 Light contact class Ed/Rob</p>		<p>6:45-7:45 Muay Thai basics</p> <p>7:30-8:30 light contact class Ed/Rob</p>		

## GIVE THE GIFT OF GOOD HEALTH

**\$25 gift certificate for a 60 minute massage!**

On sale now until the end of the year. Available to any new massage client (perhaps including yourself).  
 Certificates are good until September 2009.

**GIVE 6 certificates away and you'll receive a FREE 90 minute massage**

## PLEASE remove shoes in the lobby

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