

## Fitness4life Class Schedule/Fees

<b>Youth Fitness Class</b>	Tue.	Thu.	<b>Soul Line Dance</b>	Mon.
Teen Kickboxing (30 Min.)	4:30pm	4:30pm		6:30pm

<b>Group Fitness Classes</b>	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Boot Camp (45 Min.)						7:00am
Cardio Kickboxing (45 Min. )	8:15pm	7:15pm	8:15pm	7:15pm		
XFIT (30 Min.)	6:00pm	11:30am	6:30pm	11:30am	9:00am	9:00am
Yoga (60Min.)		5:15pm				
Zumba (60 Min.)		6:30pm		6:30pm		

<b>Karate Classes</b>	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
3-5yr. Old (30 Min.)		5:15pm			5:00pm	
5-12Yr. Old (45 Min.)		5:00pm		5:00pm		
7-Adults (60 Min.)	7:00pm	6:00pm	7:00pm	6:00pm	6:00pm	11:00am

<b>Capoeira Classes</b>	Mon.	Tues.	Wed.	Thu.	Fri.	
Children (14 and under)						
Adult			7:15pm		7:15pm	

**All Memberships are Monthly - No Contracts!**

**New Member - One Time Enrollment Fee:** \$25

**Teen Kickboxing** \$25/month

**Group Fitness Classes** \$35 (8 fitness classes / month)  
\$49 (unlimited fitness classes / month)

**Karate Classes**

- Karate Youth \$36 (4 classes / month)
- \$50 (unlimited classes / month)
- Karate (7 & Up) \$45 (8 classes / month)
- \$65 (unlimited karate/fitness classes)

**Capoeira** Drop In Rate \$20

- Adults \$60 (1 class/week) or \$100 (2 classes/week)
- Children \$45 (1 class/week) or \$60 (2 classes/week)

**Soul Line Dance with Leigh** \$5

Register at <http://www.meetup.com/Line-Dance-and-Zumba-Fitness>

**Fitness4life Training Center**  
**www.Fitness4lifetc.com**  
**919.787.2250**