



# Fall 2016 Schedule

effective Sept 6  
updated 8/15/16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(1) 6:30 - 7:15 am Core Strength & Conditioning- JENN O	(1) 5:45 - 6:45 am Core, Sculpt & Barre AMY	(1) 6:30 - 7:15 am Core, Barre & Stretch BETH	(1) 5:45 - 6:45 am Core, Sculpt & Barre BRENDA	(1) 5:45 - 6:45 am Core Strength & Conditioning JENN O		
8:00 - 8:45 am Abs & Glutes express JENN O	8:00 - 8:45 am Core Strength & Conditioning BETH		8:00 - 8:45 am Core Strength & Conditioning BETH	7:30 - 8:15 am Core Strength & Conditioning JENNO	*8:00 - 8:45 am Core Strength & Conditioning BETH	
*9:15 - 10:15 am Core Strength & Conditioning BETH	*9:15 - 10:15 am Core, Sculpt & Barre BRENDA	*9:15 - 10:15 am Core Strength & Conditioning BETH	*9:15 - 10:15 am Core, Sculpt, & Barre AMY	*9:15 - 10:15 am Core, Sculpt, & Barre BRENDA	*9:15 - 10:15 am Core, Sculpt & Barre BETH	*8:30 - 9:30 am Core, Sculpt & Barre GERALYN
(2) 5:30 - 6:15 pm "Barre"bell express JENNIFER BREWIN		(2) 5:15 - 6:00 pm Core Strength & Conditioning JENN O			(1) Advanced registration required Please sign up for early am classes by 9:00 pm the previous night	
6:30 - 7:30 pm Core Strength & Conditioning BETH	6:30 - 7:30 pm Core, Sculpt & Barre JENNIFER BREWIN		6:30 - 7:30 pm Core, Barre & Stretch BETH		*advanced registration for the 9:15 am classes and weekend classes is strongly encouraged as classes fill up fast. You have 4 hours in advance to cancel with- out being charged.	



**Closed**  
Dec 25-26



**Pricing**  
 \$18 Adult drop-in  
(\$15 student/senior)  
 \$160 10-class card  
(\$140 student/senior)  
 \$300 20-class card  
 \$160 one month  
unlimited classes\*  
 \$450 3 mo. unlimited\*  
 \$300 20-class combo  
10 core /10 yoga

\* includes core classes only

For detailed class descriptions, teacher substitutions and last minute schedule changes please visit: [CoreElementsFitness.com](http://CoreElementsFitness.com)

750 Main Street (side entrance) • Winchester, MA 01890 • 781.727.0425 • [beth@CoreElementsFitness.com](mailto:beth@CoreElementsFitness.com)