

INSURANCE PAID WELLNESS CLASSES

CLASS SCHEDULE 06/22/2009 - 09/14/2009

Williamsville		<u>Prism Health & Fitness</u> 6460 Main St (Village Park Business Center)					Registration 204-1477	
Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Fitness That Fits You	9:30 AM	6:30 PM	9:30 AM				11:30 AM	
Flexercise	9:30 AM 7:30 PM		9:30 AM	7:00 PM				
Yoga	4:30 PM 5:45 PM		7:15 PM			9:00 AM	9:00 AM	
Pilates		7:15 PM				10:15 AM	10:15 AM	
Basic BOSU	6:30 AM		6:30 AM					
Zumba (Members Only)						11:15 AM		
Sheila's Flex (30 min) (Members Only)		5:30 PM		5:30 PM		8:00 AM		
Sheila's Fitness Jam (Members Only)		6:00 PM		6:00 PM				
Lancaster		<u>Ladies Workout Express</u> 5497 Broadway					Registration 681-8636	
Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Pilates						9:30 AM		
Yoga						8:30 AM		
Flexercise	10:30 AM	10:30 AM	10:30 AM			10:30 AM		
Zumba (Members Only)	12:00 PM	6:00 PM	12:00 PM	6:00 PM				
Ball Class (30 min) (Members Only)	5:30 PM	8:15 AM	5:30 PM		9:00 AM			
Power Circuit (30 min) (Members Only)						10:00 AM		
Shelia's Fitness Jam (Members Only)	6:00 PM		6:00 PM					

For more information or to register visit www.prismnetwork.com/wellness