



# Lily Pad Day Spa

## Fitness Class Schedule

Tuesday	Wednesday	Thursday	Friday	Saturday
	8:45A Meditation		8:45A Meditation	8:45A Belly Dancing
	9:15A Beginner Hatha Yoga	9:15A Zumba for Weight Loss	9:15A Beginner Vinyasa Yoga	10:00A Zumba for Weight Loss
				11:15A Bollywood
5:30P Meditation				
6:00P Beginner Hatha Yoga	6:00P Belly Dancing	6:00P Rock 'n Roll Yoga	6:00P Bhangra	
7:15P Zumba for Weight Loss	7:15P Turkish Tone	7:15P Beginner Vinyasa Yoga	7:15P Bollywood	

**\*\*\*\*Call the Spa at 732-792-1SPA (1772) for Series start dates\*\*\*\***

- All classes will run in 6 consecutive week series unless otherwise noted.
- Series for all classes (except Meditation) are 6 classes: \$90, Meditation 6 classes: \$45
- Enroll in multiple Series that begin within 3 weeks apart and receive a 10% discount off of multiple series purchase. (\$18 savings- 2 classes, \$27 savings- 3 classes etc.)  
Multiple Series must be purchased together. Excludes Meditation Series.
- Based on space availability, one class per type/genre may be sampled for \$18.
  - Series are non-transferable between clients, class types, or time slots.
  - Series are non-refundable unless cancelled by instructors or Lily Pad Day Spa.
  - Series packages must be purchased to guarantee your enrollment.
  - All class Series are subject to minimum attendees.

*Space is limited!!! Enroll today to reserve your spot.*

**Lily Pad Day Spa – 517 Route 33 East, Millstone Twp – 732-792-1SPA (1772)**