

Robert Sherman's
F.I.T., INC.

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GROUP FITNESS/AEROBICS & CYCLE REEBOK SCHEDULE* -- APRIL 2008 --

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|---|---|------------------------------|---|--------------------------------|
| 6:30 AM | 6:30 am - 7:15 am Strength Training Irina | Step Lindsey Cycle Reebok Marjan | Body Conditioning Irina | Cardio / Strength Lindsey Cycle Reebok Peter | Step Eric/Sasha |
| 7:30 AM | | | | 7:30 am - 8:15 am Stretch Caroline | |
| 8:00 AM | Yoga Sharon | | | | Iyengar StyleYoga Doerthe |
| 8:15 AM | | Body Conditioning Suzanne | Strength Circuit Caroline | Strength Core Board Robert | Cycle Reebok Lori |
| 9:15 AM | Interval Step Mike Gray | Strength Training Maggie | Step Mike Gray | Power Low Maggie | Step Mike Gray |
| 9:15 AM | Cycle Reebok Jeff | Cycle Reebok Robert | Cycle Reebok Amy R | | Cycle Reebok Jeff |
| 10:15 AM | Strength Training Mike Gray | Cardio/Ball Maggie | 20-20-20 Mike Gray | Strength/Ball Maggie | Strength Training Mike Gray |
| 10:15 AM | | Nordic Walk Outdoor walk with Nordic Poles Caroline | | | |
| 11:30 AM | Pilates Stretch Maggie | | | | |

What's New for April: Check out new teachers, new times, new classes

Tuesday 10:15 am - Outside: Nordic Walk with Caroline = Inside: Cardio/Ball with Maggie

Wednesday 6:30 pm Cardio/Strength with Jasmina - Wednesday Cycle 6:30 pm with Mimi

Thursday 7:30 am - 8:15 am Stretch with Caroline - Saturday 8:00 am Cycle with Mimi

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|-------------------------------|------------------------------|-------------------------------|------------------------------|--|
| 4:30 PM | **Cycle Reebok/Yoga Robert | | Strength Core Board Robert | Gentle Yoga Amy P. | WHAT'S DIFFERENT? Nordic Walk - outdoors |
| 5:30 PM | | Strength Training Jasmina | | | 10:15 am Tuesdays with Caroline |
| 6:30 PM | | Cycle Reebok Mike D | Cycle Reebok Mimi | Cycle Reebok Mike D. | Stretch with Caroline 7:30 am Thursdays |
| 6:30 PM | Strength Core Board Robert | Yoga Robert | Cardio/Strength Jasmina | Strength Training Jasmina | Cardio/Strength with Jasmina 6:30 pm Wednesdays |

| | SATURDAY | SUNDAY |
|----------|-----------------------------|--------------------------------------|
| 8:00 AM | Cycle Reebok Mimi | Strength Training Robert |
| 9:00 AM | Cycle Reebok Jeff | Cycle Reebok Joey/Mike D |
| 9:00 AM | Power Low Maggie | Step Eric/Sasha/Ricia |
| 10:00 AM | | Cycle Reebok Joey/Mike D |
| 10:00 AM | Strength Training Maggie | |
| 11:00 AM | 11:10 AM Yoga Leslie | 11:00 AM Gentle Yoga Flow Edie |

PERSONAL TRAINING

Personal Training is by appointment. Free consultation.

Robert: \$95/hour. \$60/ 1/2 hour. Group of 2 \$65/person

Caroline and Jeff: \$85/hour. \$50/ 1/2 hour.

Group of 2: \$55/person

PT cancellation must be made 24 hours in advance!

Alternative pricing may be decided by trainer.

There is an additional fee for in-home training.

Group Fitness Classes are usually one hour.

Yoga classes vary between 60 - 90 minutes.

Cycle Reebok classes are 45 minutes unless noted

with ** or when combined with another workout.

Monday - Friday: Free parking in the Shoppes of

Bethesda lot on Hampden Lane.

Bring in your ticket for validation stamps.

Saturday - please park in Montgomery County

Garage -Entrance on Elm Street. It is free.

F.I.T., Inc. is registered as a health club under

Maryland Commercial Code, subtitle 12.

Health Club Registration # E2650

FEE SCHEDULE

THERE ARE NO MEMBERSHIP REQUIREMENTS AT F.I.T.

GROUP FITNESS & CYCLE CLASSES

MUST BE USED WITHIN THREE MONTHS

Single class \$18.00

Series of 5 - (\$16.00/class) \$80.00

Series of 10 - (\$14.00/class) \$140.00

Series of 15 - (\$12.00/class) \$180.00

Series of 20 - (\$10.00/class) \$200.00

NEW CLIENTS: FIRST CLASS FREE IF YOU PURCHASE A SERIES THAT DAY.

GROUP FITNESS & CYCLE CLASSES

STUDENTS - 17 AND UNDER

MUST BE USED WITHIN THREE MONTHS

Single: Under 17 years old \$12.00

Series of 5 - (\$11.00/class) \$55.00

Series of 10 - (\$10.00/class) \$100.00

STUDENTS - 18+ AND SENIORS

MUST BE USED WITHIN THREE MONTHS

Single: Students 18+/Seniors \$15.00

Series of 5 - (\$14.00/class) \$70.00

Series of 10 - (\$12.00/class) \$120.00

Series of 15 - (\$10.00/class) \$150.00

UNLIMITED SERIES

MUST BE USED WITHIN ONE MONTH

(no freezes or extensions for vacations)

Unlimited \$156.00

Student/Senior Unlimited \$144.00

RESERVATIONS ACCEPTED -

Please CANCEL as soon as possible.

If there is a waiting list at cancellation tin

and we are unable to fill the spot due to

lack of time, you will be charged 1 class

two days if you have an Unlimited Series

*SCHEDULE IS SUBJECT TO CHANGE. **Cycle combination class.