



# August 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1	2	3	4	5 2 Day Intro to Stretch Workshop
6 2 Day Intro to Stretch Workshop	7	8 6:00 pm WEEK 1 Class	9	10	11	12
13	14	15 6:00 pm WEEK 2 Class	16	17	18	19
20	21	22 6:00 pm WEEK 3 Class	23	24	25	26
27	28	29 6:00 pm WEEK 4 Class	30			

## Notes

Advanced Registration for all classes is required. Each 4-week session is \$95.00.

Register at [www.apexbodyworx.com](http://www.apexbodyworx.com).

For any questions, please contact Judy at 480-332-3141 or email at [judystowers@gmail.com](mailto:judystowers@gmail.com)