



October 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2	3 6:00 pm WEEK 1 Class	4	5	6	7 Intro to Stretch Workshop
8 Intro to Stretch Workshop	9	10 6:00 pm WEEK 2 Class	11	12	13	14
15	16	17 6:00 pm WEEK 3 Class	18	19	20	21
22	23	24 6:00 pm WEEK 4 Class	25	26	27	28
29	30	31				

Notes

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

Register at www.apexbodyworx.com.

For any questions, please contact Judy at 480-332-3141 or email at judystowers@gmail.com