

FITNESS & WELLNESS



AT THE !ACCENT! DANCERS STUDIO & FITNESS BOUTIQUE



5872 MAPLEDALE PLAZA | WOODBRIDGE, VA 22193 | 703-670-7813

We ARE a UNIQUE Establishment, Catering to YOUR UNIQUE Needs. A 1-Stop Shop, Where your OVERALL Health & Wellness is Addressed by Certified Instructors. Cardio, Strength, Nutrition, & Stretch - you Name it, WE GOT IT!

FITNESS SCHEDULE: MARCH 2019



NC = No Class / All Classes with Melinda (Unless Indicated)

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 – 7pm, Strength & Conditioning	2 – 10am, Cardio Kickbox <u>OR</u> Cardio HipHop + Toning <u>OR</u> Pure Cardio + Toning
3 – 5pm, HIIT/Boot Camp	4 -- 630pm, Yoga OR PiYO	5 -- NC	6 – 730pm, Zumba/Cardio HipHop	7 – NC	8 – 7pm, Strength & Conditioning	9 – 10am, Cardio Kickbox <u>OR</u> Cardio HipHop + Toning <u>OR</u> Pure Cardio + Toning
10 – 5pm, STRONG by Zumba (w/ Marilu)	11 – NC	12 – NC	13 -- 730pm, Zumba/Cardio HipHop	14– NC	15 -- 7pm, Strength & Conditioning	16 – NC
17 – 5pm, HIIT/Boot Camp	18 – 630pm, Yoga OR PiYO	19 – NC	20 – 730pm, Zumba/Cardio HipHop	21 – NC	22 – 7pm, Strength & Conditioning	23 -- 10am, Cardio Kickbox <u>OR</u> Cardio HipHop + Toning <u>OR</u> Pure Cardio + Toning
24 – 5pm, STRONG by Zumba (w/ Marilu)	25 -- 630pm, Yoga OR PiYO	26 -- NC	27 -- 730pm, Zumba/Cardio HipHop	28 -- NC	29 -- 7pm, Strength & Conditioning	30 -- 10am, Cardio Kickbox <u>OR</u> Cardio HipHop + Toning <u>OR</u> Pure Cardio + Toning
31 – 5pm, HIIT/Boot Camp	APR 1 -- 630pm, Yoga OR PiYO	2 -- NC	3 – 730pm, Zumba/Cardio HipHop	4 -- NC	5 -- 7pm, Strength & Conditioning	6 – 10am, Cardio Kickbox <u>OR</u> Cardio HipHop + Toning <u>OR</u> Pure Cardio + Toning

FITNESS CLASS PRICES

\$5.00, ZUMBA -- PER CLASS/DROP IN
 \$8.00, STRONG BY ZUMBA - PER CLASS/DROP IN
 \$10.00, YOGA / CARDIO KICKBOX OR HIPHOP / H.I.I.T [BOOT CAMP]/ PiYo LIVE / STRENGTH & CONDITIONING - PER CLASS / DROP IN
\$40.00 -- MONTHLY PASS ALL CLASSES
 1-ON-1 PT - DISCUSS W/ TRAINER FOR PRICES/PACKAGES. OTHER PT SCHEDULING IS AVAILABLE.