



# Transformations

Movement Company, LLC

## Student Summer Special **3 Months for Only \$78\***

*Change your body, change your thinking, change your life!*

### Sample Schedule of Classes:

Mon	Tues	Wed	Thu	Fri	Sat	Sun
Boot Camp 6am	Boot Camp 6am	Kettlebell Boot Camp 6am	Boot Camp 6am	Intermediate Kettlebell 6am	Intro to Kettlebells 7:30	
				E Z Does It Yoga 10:00	Kettlebells 8am	
			Open Studio 4:30-5:30		Zumba 9am	
Open Studio 4:30-5:30	Open Studio 4:30-5:30	Open Studio 4:30-5:30	Into to Fitness Lifestyle 5:30		Yoga 10:30am	
	Core Strength & Stretch 5:30p	Butts & Guts Express 5:30pm	Intro to Kettlebells 6:00pm			
Zumba 6pm	Zumba 6:30pm	Kickbox 6pm	Kettlebell 6:30pm	Core Strength 6pm		
Intermediate Kettlebells 7pm	Intermediate Yoga 7:45	Yoga 7pm	Zumba 7:30pm	Yoga 6:30pm		

540 Gallivan Blvd (Adams Village) Second Floor (above Rite Aid) Dorchester

## 617.265.8300

[www.transformationsmovementcompany.com](http://www.transformationsmovementcompany.com)

\* Must be purchased by June 15, 2010 with valid ID