



1057 Station Dr..

Oswego, IL 60543

630-818-6608

www.allegro-performingarts.com

Click on FITNESS



Allegro Moves Fitness

2023-2024

Schedule current to August 1, 2024

Walk In-\$25

Pay once, use once

Committed Client Membership - \$80 month

Unlimited classes, individual guidance, BEST VALUE for the price.

Family Fitness Membership -

Family members who have at least one student enrolled in the Allegro Performing Arts are offered a monthly membership for \$50/month as long as their student is enrolled.

M	T	W	Th	F	S	Su
Power Barre 7:00-7:45AM		Circuit Workout 7:00-7:45AM	Circuit Workout 7:00-7:45AM		Power Barre 7:00-7:45AM	
Core & Go! 8:00-8:45AM		Power Barre 8:00-8:45AM	Core & Go! 8:00-8:45AM		Core & Go! 8:00-8:45AM	
Power Barre 9:00-9:45AM		Circuit Workout 9:00-9:45AM	Circuit Workout 9:00-9:45AM		Power Barre 9:00-9:45AM	
Core & Go! 6:45-7:30PM			Power Barre 6:45-7:30PM			
Core & Calm 7:30- 8:15PM			Core & Calm 7:30-8:15PM			

Pink-Good for all clients Blue-Weight bearing, clients with severe back issues should avoid

*Circuit Workout:A targeted workout with Pilates, Kettle Bells, Balls or Bands Rev. 12/31/23