



Allegro MOVES Fitness
August 18, 2024-August 17, 2025

STARTS IN 10 DAYS!!!!

Moves! Membership \$80/mo Unlimited! Cancel anytime!
 Get Moving! Membership \$160/mo *Unlimited Guided 1-year*
 Moving Well! Membership \$200/mo *Unlmtd Special Populations 1-year*
 Drop-In Moves! \$20

Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Power Barre 7:00-7:45AM		Core & Go! 7:00-7:45AM	Core & Go! 7:00-7:45AM	Power Barre w/ Kettle Bell 8:00-8:45AM	Core and Go! 8:00-8:45AM	
Core and Go! 8:00-8:45AM		Power Barre 8:00-8:45AM	Core and Go! 8:00-8:45AM	Core & Go! 9:00-9:45AM	Power Barre 9:00-9:45AM	

Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Core & Go! Pilates 4:00-4:45PM	Core & Lift! Pilates w/ Kettle Bell 4:00-4:45PM	Core & Go! Pilates 6:00-6:45PM		
	Core & Calm Pilates w/ Stretch 8:00-8:45PM	Core & Calm Pilates w/ Stretch 8:30-9:15PM			

RED-High intensity class w/ weightbearing series, may cause stress on clients with knee or back issues.

PURPLE-Moderate intensity class for all client levels, non-weightbearing

BLUE-Low intensity class, helps promote flexibility and clients have commented on better sleep