

January 2012

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--------------------------------------|-----------------------------------|--|-----------------------------|--|--|
| 1 | 2 8:30am/SDS 6:15pm/PP | 3 9:00am InnerGize* | 4 8:30am/PP 9:15am/SDS | 5 5pm/SDS | 6 8:30am/PP | 7 |
| 8 | 9 8:30am/SDS 6:15pm/PP | 10 9:00am InnerGize* | 11 8:30am/PP 9:15am/SDS | 12 5pm/SDS | 13 8:30am/PP | 14 |
| 15 | 16 8:30am/SDS 6:15pm/PP | 17 9:00am InnerGize* | 18 8:30am/PP 9:15am/SDS | 19 5pm/SDS | 20 8:30am/PP | 21 |
| 22 | 23 8:30am/SDS 6:15pm/PP | 24 9:00am InnerGize* | 25 8:30am/PP 9:15am/SDS | 26 5pm/SDS | 27 8:30am/PP | 28 |
| 29 | 30 | 31 | NO CLASSES 1/30 THRU 2/6 2012 | PP: Pilates Plus | SDS: Sculpt~ Dance~ Stretch | *Beginners 4 InnerGize Classes: \$40.00 |

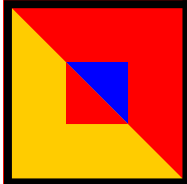
Danceroots Fitness For Women

72 Portsmouth Avenue

Phone: 603-674-7664
 email: kathylcole@gmail.com
 website: <http://danceroots.com>

Fitness Classes For All Ages





February 2012

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------|--|--|-------------------------------|---------------|---------------------------|---|
| PP and SDS FEES: 7 WEEKS | 7 Classes: \$70.00 14 Classes: \$126.00 | 21 Classes: \$168.00 28 Classes: \$196.00 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 8:30am/PP 9:15am/SDS | 9 5pm/SDS | 10 8:30am/PP | 11 |
| 12 | 13 8:30am/SDS 6:15pm/PP | 14 | 15 8:30am/PP 9:15am/SDS | 16 5pm/SDS | 17 8:30am/PP | 18 |
| 19 | 20 8:30am/SDS 6:15pm/PP | 21 | 22 8:30am/PP 9:15am/SDS | 23 5pm/SDS | 24 8:30am/PP | 25 |
| 26 | 27 8:30am/SDS 6:15pm/PP | 28 | 29 MAKE-UP CLASSES | | 3/2 MAKE-UP CLASSES | 2/29 & 3/2 For Classes Cancelled Due to Weather |

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