

SoftShape

****ALSO INCLUDED IS FREE REBELFIT COED TRAINING MWF 6 AM AND 530 PM, SATURDAY AT 10:30 AM****

SoftShapers are encouraged to enjoy extra walking, running, biking, or aerobics/toning classes 3-5 x week in addition to their 3 SoftShape sessions. **Keep a food diary for even faster weight loss if that is part of your goals. Ask us for one! E-mail us with any questions** and check out AlamoShape, AlamoShape Yoga, AlamoShape MixxedFit, and AlamoCafe on Facebook!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Coed 6:00 a.m.		Coed 6:00 a.m.		Coed 6:00 a.m.	
	8:35 a.m.	7:45 a.m.	8:35 a.m.	7:45 a.m.	8:35 a.m.	9:35 a.m.
		5:05 p.m.		5:05 p.m.	.	Coed Cardio 10:30 a.m.
	Coed 5:30 p.m.		Coed 5:30 p.m.		Coed 5:30 p.m.	
		6:35 p.m.		6:35 p.m.		

You may choose either the Friday or Saturday session to complete your training for the week.

We will cancel one Friday and one Saturday each month. They may both be on the same weekend or they may not. You get Fri or Sat as your third Soft session for the week, no need to designate, come to one or both!
In addition, You may do one free SuperShape, SilverShape and Lunch & Lift session each month.

See our Women's Fitness Class Schedule for more classes, all free in the SoftShape program!

SilverShape

****ALSO INCLUDED IS FREE REBELFIT COED TRAINING MWF 6 AM AND 530 PM, SATURDAY AT 10:30 AM****

SilverShapers are encouraged to enjoy extra walking, running, biking, or aerobics/toning classes 3-5 x week in addition to their 3 sessions. **Keep a food diary for even faster weight loss if that is part of your goals. Ask us for one! E-mail us with any questions** and check out AlamoShape, AlamoShape Yoga, AlamoShape MixxedFit, and AlamoCafe on Facebook!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Coed 6:00 a.m.	Try our 30-min SimpleFit classes today!	Coed 6:00 a.m.	Try our 30-min SimpleFit classes today!	Coed 6:00 a.m.	
	10:35 a.m.		10:35 a.m.		8:35 a.m.	
	4:00 pm		4:00 pm		.	Coed Cardio 10:30 a.m.
	Coed 5:30 p.m.		Coed 5:30 p.m.		Coed 5:30 p.m.	
	6:35 p.m.		6:35 p.m.			

You may choose either the Friday or Saturday session to complete your training for the week.

We will cancel one Friday and one Saturday each month. They may both be on the same weekend or they may not. You get Fri SoftShape as your third Silver session for the week!

In addition, you may do one free SuperShape, SoftShape and one free Lunch & Lift session each month.

See our Women's Fitness Class Schedule for more classes, all free in the SilverShape program!