

January 2019



MIXER BLAST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 5:15 – 6:00pm Max Out Mixer Amber	8 5:15 – 6:00pm Butts & Guts Nicole	9 5:15 – 6:00pm Amber's Mixer	10 5:15 – 6:00pm Nicole's Broadway Burn	11	12
13	14 5:15 – 6:00pm Max Out Mixer Amber	15 5:15 – 6:00pm Butts & Guts Nicole	16 5:15 – 6:00pm Amber's Mixer	17 5:15 – 6:00pm Nicole's Broadway Burn	18	19
20	21 5:15 – 6:00pm Max Out Mixer Amber	22 5:15 – 6:00pm Butts & Guts Nicole	23 5:15 – 6:00pm Amber's Mixer	24 5:15 – 6:00pm Nicole's Broadway Burn	25	26
27	28 5:15 - 5:55pm Max Out Mixer Amber	29 5:15 – 6:00pm Butts & Guts Nicole	30 5:15 – 6:00pm Amber's Mixer	31 5:15 – 6:00pm Nicole's Broadway Burn	<div style="border: 2px solid black; padding: 5px;"> <p>Unlimited Pass \$60.00 Drop in Pass \$8.00</p> </div>	

Max Out Mixer: Cardio Kickboxing and Dance, Max out your endurance!
Amber's Mixer: Cardio Kickboxing and Dance

Butts and Guts: Strengthen and Tone your best assets!
Nicole's Broadway Burn: Cardio and Strength to get your best
 Center Stage, Broadway Body!

MIXER BLAST BINGO

Attend One class of Amber's Max Out Mixer	Attend every day of Butts and Guts 1/8, 1/15, 1/22, 1/29	Attend One class of Nicole's Butts and Guts	Wear weights for an entire class!	Make it through abs at the end of class!
Bring a friend to Class	Take a post-Mixer selfie and share it on the Mixer Facebook page	Attend One class of Nicole's Broadway Burn classes	Share something about your fitness goals on the mixer Facebook page	Attend every day of Max out Mixer 1/7, 1/14, 1/21, 1/28
Post that you are attending class one day on Facebook	Make it through Butt Marathon!	FREE SPACE	Attend One Class of Amber's Cardio Mixer	Attend 4 classes in one week!
Kick Ass at the "Burpee Song" in Amber's Mixer!	Attend One Class of Amber's Cardio Mixer	Attend every day of Broadway Burn 1/10, 1/17, 1/24, 1/31	Re-Share a Mixer post from the Mixer page on Facebook	Make it through the entire "plank song" in any of the classes!
Attend every day of Amber's Mixer 1/9, 1/16, 1/23, 1/30	Attend One class of Amber's Max Out Mixer	Make it through the "Girlfriend" Cardio song in Mixer!	Take a post Mixer selfie and share it on the Mixer Facebook page	Attend One class of Nicole's Broadway Burn Classes

NAME:

Achieve a Bingo and be entered into a drawing for a \$15.00 gift card to Corktown Deli!

Everyone who achieves a Bingo will also receive a prize!

BLACKOUT! Be entered into a drawing for a \$50.00 gift card to Frost River!