



Cecil Fitness Center

25 Flint Drive North East, Maryland 21901 (410) 287-3546 www.cecilfitnesscenter.com

2011 - 2012 FITNESS PROGRAM SCHEDULE

FITNESS CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cardio Sculpt	*9:15-10:15am A	*9:15-10:15am A		*9:15-10:15am A	
Yoga			*9:30-11:00am C		
Pilates	*10:15-11:15am A				*10:15-11:15am A 8:00-9:00pm B
Cardio Hip Hop	7:45-8:45pm C				

Location Key:
A = Studio to the left when entering main building;
B = Studio to the right when entering main building – 25 Flint Drive, North East
C = Studio at Harrison Building (2nd floor) Two story brown wood building across from Builder's Surplus on Flint Drive
 * = Babysitting available for most morning classes indicated by *

- ❖ **CARDIO SCULPT:** You'll firm and tone your muscles for tight abs, shapely legs and sculpted arms while increasing your endurance! You'll enjoy a mix of aerobics, step, kickboxing, and calisthenics with intervals of weight-training. This class will get the blood flowing, raise your metabolic rate and burn fat! Participants need to bring a towel or mat, exercise ball and water.
- ❖ **YOGA:** The benefits of yoga are endless – increased flexibility and strength, improved posture, reduced stress, decreased blood pressure, increased energy, and improved mental & physical health. Yoga integrates the body, mind and spirit through exercise, breathing and meditation to maintain a healthier, stress-free lifestyle. Participants will need to bring a yoga mat to this class.
- ❖ **PILATES:** Dramatically transform the way you look, feel and perform without bouncing, jarring or stressing the body. This safe, sensible exercise program focuses on strengthening deep core muscles, creating a sleek, lean body. Participants will need to bring a mat to this class.
- ❖ **CARDIO HIP HOP:** Spice up your work-out routine and dance off the inches with this high energy, cardio class. You'll get your heart rate going as you jam to your favorite tunes. You'll have so much fun that you'll forget you're exercising!

Don't forget adult dance classes are offered in ballet, tap, and lyrical. Join the fun and get a great work-out by enrolling in one of these classes. Ask about our family discounts and convenient monthly payment plan.

FITNESS SESSION CHART

	SESSION BEGINS	SESSION ENDS	NOTES
SESSION 1	Friday, September 9	Sunday, October 30	Tuition due with Registration No classes Fri/Sat Oct. 7 & 8 or October 31
SESSION 2	Tuesday, November 1	Sunday, January 8	Tuition due by November 1 No classes Tue. Nov. 22 – Sat. Nov. 26 – Thanksgiving Break No classes Mon. Dec. 19 – Sun. Jan. 1 – Christmas Break
SESSION 3	Monday, January 9	Sunday, February 26	Tuition due by January 9 No classes Mon. Feb. 27 – Sun. March 4 – Session Break
SESSION 4	Monday, March 5	Sunday, April 29	Tuition due by March 5 No classes Wed. April 4 – Tue. April 10 – Easter Break
SESSION 5	Monday, April 30	Monday, June 18	No classes Monday, May 28th , Happy Memorial Day

Important Notes

- ❖ Individuals who enroll for one or two class/es, may take a make-up class in any other class within 4 weeks of an absence.
- ❖ Your satisfaction is guaranteed! You will be allowed a two-week trial period on classes. If you are not happy with our program and choose not to continue you will receive a full refund.
- ❖ Please consult with your physician before starting any fitness classes/programs.
- ❖ Returned checks will be charged a \$35 fee.

OVER



FITNESS TUITION CHART

Fitness charges may be made as payments per each session or you may choose to sign-up for one of our automatic payment plans. Please see the back of our registration form for more information on this payment option.

Class Enrollment	Cardio & Pilates Fitness Classes	Yoga Classes	Yoga & Fitness Combo
One class per week	\$ 67 per session OR <i>monthly payments of \$34</i>	\$ 91 per session OR <i>monthly payments of \$46</i>	n/a
Two classes per week	\$ 105 per session OR <i>monthly payments of \$53</i>	n/a	\$ 119 per session OR <i>monthly payments of \$60</i>
Unlimited classes per week	\$ 140 per session OR <i>monthly payments of \$70</i>	n/a	\$168 per session OR <i>monthly payments of \$84</i>

Child Care Rates

We offer child care for our weekday morning classes. For enrollees of the “hour long” classes, it will be \$3 for the first child and \$1 per each additional child. Enrollees of the yoga program will be charged \$4.50 for the first child and \$1.50 for each additional child. You may pay either through the office or in the room the morning of your class.

How to register:

- on-line at www.cecildancercenter.com/register.htm
- submit a completed registration sheet via mail or in person at the main office

Automatic Payments: Life can get busy, making it difficult to keep track of when tuition is due. Reduce your stress and late fees by enrolling in our automatic debit/credit payment plan. Your debit/credit card will be charged on the due date of each session and you will receive an email notification alerting you of the tuition session fee charged to your card. This can be done on-line or by checking off the appropriate line on the back of the registration sheet.

Monthly Payment Plan: This plan is for those that intend to continue their fitness training for the full-year and would like their tuition divided into monthly payments. The total tuition for all five sessions will be divided into monthly payments which will be automatically charged/withdrawn to your credit/debit card. The first withdraw will be made upon registration and following withdrawals will be made on the first of each month (Oct – June). This option is not available on-line, so call our office for more details or check the back of our registration sheet.

Discount Rates

- ❖ There is a 15% discount for families with 2 participants in the fitness/dance program.
- ❖ There is a 20% discount for families with 3 or more participants in the fitness/dance program.
- ❖ There is a 15% discount for individuals registering for both the fitness and dance program.

NOTE: discounts can not be combined with any other offer. Maximum discount is 20%

Please Note: All future newsletters and notifications will be sent via email, please make sure the office has your email address on file. Hard copies will always be available on the lobby desk.