



ARDMORE
FEBRUARY 2010

Reservations must be made for ALL classes | 215.545.5144 lithemethod411@gmail.com | www.lithemethod.com | fithiphealthy.com

monday	tuesday	wednesday	thursday	friday	saturday	sunday
9:45-10:45am Lithe Method® High Mini Level Mix—Krista	9:45-10:45am Lithe Method® Waist Not/ Super Fly Level Mix—Carla/Krista	9:45-10:45am Lithe Method® Sweet Cheeks Level Mix—Krista		9:45-10:45am Lithe Method® Wings Level Mix—Lauren	9:45-10:45am Lithe Method® Thigh High/ Action-Figure Level Mix—Steph/Bari	9:45-10:45am Lithe Method® Skinny Jeans Mix—Krista/Anne
					11:00-12:00pm Lithe Method® Lithe 101 Level 1—Steph/Bari	
	4:30-5:30pm Lithe Method® Thigh High/ Sculpt Level Mix-Krista			4:30-5:30pm Lithe Method® A-List Abs/ Fabu-legs Level Mix-Krista/Carrie		
5:45-6:45pm Lithe Method® Waist Not/Wings Level Mix-Carrie	5:45-6:45pm Lithe Method® High Mini Level Mix-Krista	5:45-6:45pm Lithe Method® Super Fly/Cinch Level Mix-Steph				
7:00-8:00pm Lithe Method® Immersion (begins 2.1) Level 1-Carrie	7:00-8:00pm Lithe Method® Sweet Cheeks Level Mix-Krista	7:00-8:00pm Lithe Method® Immersion Level Mix-Steph				

LIBERTIES WALK—1030 north 2nd street + no. 401 • RITTENHOUSE—the medical tower - 4th flr. | 255 south 17th street
ARDMORE—200 montgomery avenue | Louis P. Bucky + F.A.C.S office