



ARDMORE  
AUGUST 2009

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
8:30-9:30am Lithe Method® <b>High Mini</b> Level Mix—Krista				8:30-9:30am Lithe Method® <b>Hot Legs</b> Level Mix—Lauren		
9:45-10:45am Lithe Method® <b>Thigh High</b> Level Mix—Krista	9:45-10:45am Lithe Method® <b>Short Shorts</b> Level Mix—Krista			9:45-10:45am Lithe Method® <b>Arm-istice</b> Level Mix—Lauren	9:45-10:45am Lithe Method® <b>Super Fly</b> Level Mix—Steph/Bari	9:45-10:45am Lithe Method® <b>Skinny Jeans</b> Level Mix—Carla/Krista
11:00-12:00am Lithe Method® <b>A-List Abs</b> Level 1—Krista	11:00-12:00am Lithe Method® <b>Immersion</b> Level 1—Krista (Begins 8.4.09)			11:00-12:00am Lithe Method® <b>Immersion</b> Level 1—Lauren		
2:00-4:00pm Lithe Method® private/duets/trios by appointment	2:00-4:00pm Lithe Method® private/duets/trios by appointment			2:00-4:00pm Lithe Method® private/duets/trios by appointment		
5:45-6:45pm Lithe Method® <b>A-List Abs</b> Level Mix-Carrie	5:45-6:45pm Lithe Method® <b>Thigh High</b> Level Mix-Krista	5:45-6:45pm Lithe Method® <b>Waist Not</b> Level Mix-Steph				
7:00-8:00pm Lithe Method® <b>Sculpt</b> Level Mix-Carrie	7:00-8:00pm Lithe Method® <b>High Mini</b> Level Mix-Krista	7:00-8:00pm Lithe Method® <b>Super Fly</b> Level Mix-Steph				
8:00-9:00pm Lithe Method® <b>Immersion</b> Level 1-Carrie (Begins 8.3.09)		8:00-9:00pm Lithe Method® <b>Immersion</b> Level 1-Steph				