



ARDMORE  
SEPT 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® High Mini Level Mix-Krista				8:30-9:30am Lithe Method® Arm-istice Level Mix-Lauren		9:45-10:45am Lithe Method® Lithe 101 Level 1-Krista/Carrie
9:45-10:45am Lithe Method® Thigh High Level Mix-Krista	9:45-10:45am Lithe Method® Waist Not Level Mix-Krista/Carla			9:45-10:45am Lithe Method® Hot Legs Level Mix-Lauren	9:45-10:45am Lithe Method® Super Fly Level Mix-Steph/Bari	9:45-10:45am Lithe Method® Skinny Jeans Level Mix-Krista/Carrie
11:00-12:00am Lithe Method® Rare Form Level 2-Krista	11:00-12:00am Lithe Method® Immersion Level 1-Krista/Carla (Begins 9/8/09)			11:00-12:00am Lithe Method® Immersion Level 1-Lauren		
5:45-6:45pm Lithe Method® A-List Abs Level Mix-Carrie	5:45-6:45pm Lithe Method® Hot Legs Level Mix-Krista	5:45-6:45pm Lithe Method® Super Fly Level Mix-Steph		5:45-6:45pm Lithe Method® High Mini Level Mix-Carrie/Lauren Begins 9/18		
7:00-8:00pm Lithe Method® Sculpt Level Mix-Carrie	7:00-8:00pm Lithe Method® Arm-istice Level Mix-Krista	7:00-8:00pm Lithe Method® Waist Not Level Mix-Steph				
8:00-9:00pm Lithe Method® Immersion Level 1-Carrie (Begins 9/9/09)		8:00-9:00pm Lithe Method® Immersion Level 1-Steph				