



LIBERTIES WALK 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 |
|--|--|--|--|--------|--|--|
| | | | | | 8:30-9:30am Lithe Method® Waist Not Level Mix—Carla | |
| 5:45-6:45pm Lithe Method® Super-Fly Level Mix—Carla | 5:45-6:45pm Lithe Method® Melt Level Mix—Tif | 5:45-6:45pm Lithe Method® Sculpt Level Mix—Nicole | 5:45-6:45pm Lithe Method® Waspie Level Mix—Bari | | 9:45-10:45am Lithe Method® Floored/Watershed Level Mix—Tif | |
| 7:00-8:00pm Lithe Method® Skinny Jeans Level Mix—Anne | 7:00-8:00pm Lithe Method® Lithe "10" Tif (begins 2.2.10) | 7:00-8:00pm Lithe Method® Cinch/Thigh High Level Mix—Nicole | 7:00-8:00pm Lithe Method® Lithe "10" Bari/Krista/Carla | | 11:00-12:00am Lithe Method® High Mini/Split Level Mix—Nicole/Anne | 11:00-12:00am Lithe Method® Lithe "10" (2.7 & 2.21) Lauren |
| | 8:15-9:15pm Lithe Method® Immersion Level 1—Tif/Carla/Anne (begins 2.2.10) | | 8:15-9:15pm Lithe Method® Immersion Lev 1—Bari/Krista/Carla | | | |

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