



# LIBERTIES WALK JANUARY 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<br>Lithe Method®<br>Waist Not<br>Level Mixed—Carla          |        |
|  |  |   |  |  | 9:45-10:45am<br>Lithe Method®<br>Skinny Jeans<br>Level Mixed—Tif        |        |
|  |  |   |  |  |   |        |
|  |  |   |  |  | 12:30-1:30pm<br>Lithe Method®<br>A-list Abs/Inhale<br>Level 2—Elizabeth |        |
|  |  |   |  |  |   |        |
| 5:45-6:45pm<br>Lithe Method®<br>Super Fly<br>Level 3—Carla | 5:45-6:45pm<br>Lithe Method®<br>High Mini<br>Level 3—Lauren                              |   | 5:45-6:45pm<br>Lithe Method®<br>A-List Abs<br>Level Mix—Lauren | 5:45-6:45pm<br>Lithe Method®<br>Rare Form<br>Level 2—Elizabeth |   |        |
|  |  | 6:15-7:15pm<br>Lithe Method®<br>Skinny Jeans<br>Level Mix—Carla |  |  |   |        |
| 7:00-8:00pm<br>Lithe Method®<br>Melt<br>Level 2—Tif        | 7:00-8:00pm<br>Lithe Method®<br>Waist Not<br>Level Mix—Lauren/Steph                      |   | 7:00-8:00pm<br>Lithe Method®<br>Watershed<br>Level Mix—Lauren  |  |   |        |
|  |  | 7:15-8:15pm<br>Lithe Method®<br>Lithe 101<br>Level 2—Carla      |  |  |   |        |
|  | 8:00-9:00pm<br>Lithe Method®<br>Immersion<br>Level 1—Elizabeth<br>Begins 1.6.09 & 2.1.09 |   | 8:00-9:00pm<br>Lithe Method®<br>Immersion<br>Level 1—Lauren    |  |   |        |