



N'shape with'N Fitness and Image Studio
 PO Box 791455 ~ Charlotte, NC 28206
 704.334.4848 ~ www.nshapewithn.com

~ Group Fitness Calendar ~ January 2012 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 HAPPY NEW YEAR!!!	Expanded classes coming March 2012	3 6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd.	4	5 6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd.	6 7:15pm Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St. 7:15-8:00 Funky Fit 8:00-8:30 FTE	7 8am Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St. 8-8:45 Funky Fit 8:45-9:15 FTE
8 3:00pm Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St. 3-3:45 Funky Fit 3:45-4:30 FTE		10 6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd.	11	12 6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd.	13 7:15pm Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St. 7:15-8:00 Funky Fit 8:00-8:30 FTE	14 8am Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St. 8-8:45 Funky Fit 8:45-9:15 FTE
15 3:00pm Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St. 3-3:45 Funky Fit 3:45-4:30 FTE		17 6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd.	18	19 6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd.	20 7:15pm Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St. 7:15-8:00 Funky Fit 8:00-8:30 FTE	21 8am Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St. 8-8:45 Funky Fit 8:45-9:15 FTE
22 3:00pm Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St. 3-3:45 Funky Fit 3:45-4:30 FTE		24 6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd.	25	26 6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd.	27 7:15pm Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St.3 7:15-8:00 Funky Fit 8:00-8:30 FTE	28 8am Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St. 8-8:45 Funky Fit 8:45-9:15 FTE
29 3:00pm Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St. 3-3:45 Funky Fit 3:45-4:30 FTE		31 6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd.	2/1	2/2 6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd.	2/3 7:15pm Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St. 7:15-8:00 Funky Fit 8:00-8:30 FTE	2/4 8am Funky Fit/FTE Combo w/Nettie @ Naomi Drenan Rec. 750 Beal St. 8-8:45 Funky Fit 8:45-9:15 FTE

Classes subject to change. Please check site for up to date information. www.nshapewithn.com

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Scan on smart phone & Show for a FIRST FREE CLASS!

PERSONAL TRAINING

One-on-One PT – Call for Consultation (704) 334-4848

Train PRIVATELY 1 on 1 with Nettie Reeves. Together we create a bonafide program designed to reach your goals. Located in the luxurious South Park area, we will train you indoors and out, teach you exercises to replicate at home and equip you with the knowledge to continue the lifestyle once you've completed your training. Virtual training also available. Located at *6000 Fairview Road, Suite 1200, Charlotte.*

Semi-Private – Call for Consultation (704) 334-4848

Meet with 2-4 other teammates for a great group workout that promotes camaraderie with friends, colleagues, associates, co-workers, partners, etc. In this personalized setting, you will be able to perfect your techniques and be exposed to in-depth instruction for a fraction of the cost of personal training. Virtual group training also available. *Located at 6000 Fairview Road, Suite 1200, Charlotte.*

GROUP FITNESS

Functional Training Experience (FTE)

The unique structure of our functional training experience class allows you to maximize the benefit of your program and take full advantage of our expert certified training staff who resides over each class. Each workout is designed to increase your functional strength, reduce injuries, and boost your metabolism. Not for the weak at heart; this class is a FAT BURNING party. *Held @ Naomi Drenan Recreation Center - see Group Fitness Calendar.*

Funky Fit (FF)

Low impact + high intensity + entertainment constitutes Funky Fit as the BEST CARDIO of them all! Receiving rave reviews after 10 years is a testimony to the fun you'll have, the balance in muscle work and the calmness you'll experience after every class. Award winning choreographer, personal trainer, and health and nutrition counselor, Nettie Reeves, choreographs each routine making sure all three elements are exposed and experienced. Come in stressed. Leave smiling. 😊 *Held @ Naomi Drenan and Wallace Pruitt Recreation Centers - see Group Fitness Calendar.*

Funky Fit \$5 per class; FTE \$10 per class; Combo \$12 per class
(Inquire about our monthly class pass)

NUTRITION

Holistic Health and Nutrition Counseling

Ever wondered why you're still sick even though you're taking medication? Ever marveled at the notion that most medical doctors aren't familiar with nutrition? Ever wanted to talk to someone knowledgeable about your health without them rushing to see the next patient or client? Got about an hour? Then give it to Nettie Reeves, who is certified with the National Association of Drugless Practitioners, for a FREE Health History Consultation. Then come away understanding more about you and how you can be your healthiest! Call now (704) 334-4848