



FOUR CLASSES. AN OPTION FOR EVERY LEVEL OF FITNESS

Basic- For those who have never done CATZ before
 - Looking to begin an exercise program
 - Class is delivered at a slow pace

Fundamentals
 - For those trying to make exercise a habit
 - Class is delivered at a slow/moderate pace

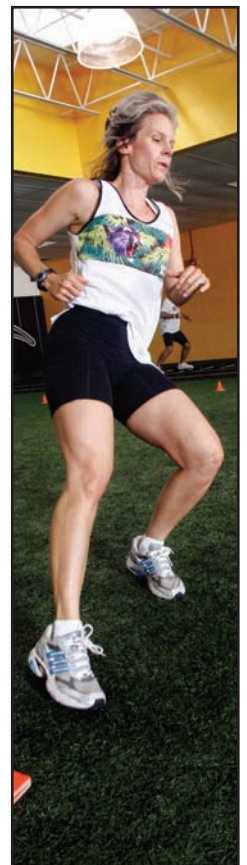
Fitness
 - For those looking for a cross-training program to supplement their current fitness routine
 - Class is designed to challenge each to their own ability level

Performance
 - For those looking to improve performance
 - Our most challenging, high-paced class

February Schedule

Just let us know when you're coming by calling 781-449-2289 or email info@catzsports.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00a Performance 60 min	6:00a Performance 60 min	6:00a Fitness 60 min	6:00a Fitness 60 min	6:00a Performance 60 min	7:00a Fitness 60 min
10:00a Basic 45 min	9:30a Fundamentals 60 min	9:00a Fitness 60 min	9:00a Fundamentals 60 min	9:00a Performance 60 min	8:00a Mixed levels 60 min
11:00a Fundamentals 60 min	11:00a Fitness 60 min	10:15a Fundamentals 60 min	10:00a Fitness 60 min	9:30a Fitness 60 min	9:00a Performance 60 min
12:15p Fitness 60 min	12:15p Basic 45 min	11:15a Basic 45 min	11:15a Basic 45 min	11:15a Basic 45 min	
	6:30p Performance 60 min	12:15p Performance 60 min	12:15p Fitness 60 min	12:15p Fitness 60 min	
		6:30p Fitness 60 min	6:30p Fitness 60 min		



Packages

10 sessions - \$199
 20 sessions - \$349

Monthly - \$99/mo. unlimited
1-year commitment required

As always, your first class is a trial session and is free of charge!

CATZ - Needham
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