

April Schedule

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



★ School vacation week, April 16 - 21, the schedule will change. Look for an updated schedule in the facility and on the website - www.catzsports.com

★ No 7pm class on Wednesday, April 4.

4 CLASS TYPES: *an option for every fitness level*

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

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	
		7:00p Fitness 60 min	6:30p Fitness 60 min		

PACKAGES

10 classes
\$199

20 classes
\$349

Unlimited
\$99/month

As always, your first class is a trial session and is FREE!

CATZ - Needham
 114 First Ave.
 781.449.2289
info@catzsports.com
www.catzsports.com

