

**Eight-Week
Special Programs**
Open to all employees!

September 24 - November 15, 2001*



BELLY DANCE

"Free Taste"
Week of September 17-21

Come sample any or all of the special programs for free during this week!

Belly Dance
Thursdays 6:30-7:30 p.m.
Instructor: Lori Murphy

Do you enjoy dancing and want to learn something different? Try Belly Dance! REVISIONS welcomes Belly Dance Instructor Lori Murphy, whose 20 years of dance studies includes eight years in Middle Eastern (Belly Dance). Have fun!
\$45 M \$65 NM

KARATE

Karate
Tuesdays 1:00-2:00 p.m.
Instructor: Alberto Lopez

Become stronger and more self-confident as you practice "Shotokan" techniques. Instructor Alberto Lopez is a fifth degree black belt.
\$75 M \$95 NM



YOGA

Yoga
(Beginning/Intermediate)
Wednesdays 7:15-8:30 a.m.*
Instructor: Quinn Kearney
Thursdays 5:15-6:30 p.m.
Instructor: Susan Witz

Learn the basics of Iyengar Yoga and feel more relaxed and rejuvenated! Improve your flexibility and strength as you restore peace of mind. REVISIONS welcomes back Yoga certified instructors Quinn Kearney and Susan Witz.
\$60 M \$80 NM

PILATES (MAT CLASS)

Pilates (Mat Class)
(Beginning/Intermediate)
Mondays 7:15-8:00 a.m.
Thursdays 2:15-3:00 p.m.
Instructor: Matthew Zuman

Learn the basics of Pilates as you become stronger and more flexible. Learn to release tension, become stronger and more flexible as you strengthen the body's core muscles, (abs, back, glutes, etc.) Pilates certified Matthew Zuman instructs.
\$30 M \$50 NM



MORNING MADNESS

Morning Madness
Tuesdays & Thursdays
7:00-8:00 a.m.
Instructor: Sgt. Derhyl Randle

REVISIONS welcomes back Sgt. Derhyl Randle! Like Bootcamp type classes, this class incorporates military-like strength and cardiovascular exercises to keep you motivated to achieve better strength, cardiovascular endurance and flexibility.
\$60 M \$80 NM

*The Wednesday (7:15-8:30 a.m.) Yoga classes will begin October 10 and continue through November 28.



Complete and bring to REVISIONS with check or money order payable to Leo Burnett. (Cash not accepted)

- Space is limited.
- Registration will not be accepted without payment. Return check and registration to REVISIONS by **Friday, September 21, 2001, 12 noon.**

Enclosed is my check; please sign me up for:

	MEMBER	NON-MEMBER
Belly Dance	<input type="checkbox"/> \$ 45	<input type="checkbox"/> \$ 65
Karate	<input type="checkbox"/> \$ 75	<input type="checkbox"/> \$ 95
Yoga	<input type="checkbox"/> \$ 60	<input type="checkbox"/> \$ 80
Pilates (Mat Class)	<input type="checkbox"/> \$ 30	<input type="checkbox"/> \$ 50
Morning Madness	<input type="checkbox"/> \$ 60	<input type="checkbox"/> \$ 80

Name _____

EXT. _____ Floor _____ Member: Yes No

Birthdate _____ Employee ID# _____



Art Direction Sample (flyer)

Each season the fitness center needed fresh ways to present their special programs. This flyer uses people photos to play off the course titles.