



**TRANTER CLUB KEY PROGRAM Rates Students \$70.00/mth & Adults \$110.00/mth unlimited classes**  
**Mona's Classes Studio A-Dance/Fitness room Studio B-Yoga Room Studio C-Pilates area**

**PLEASE CALL TO CONFIRM YOUR HOT YOGA SPOT BEFORE 4PM DAILY! (705)-730-7678**

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>MORNING CLASSES</b>	<b>9:30-10:15am Pilates Rack (Mona)</b>  <b>Now registering for morning Hot Yoga Classes Call to register!</b>	<b>10:30-11:30pm Ballet Barre Fitness (Nikki)</b>	<b>9:30-10:15am Pilates Reformer (Mona)</b>		<b>10:30-11:30pm Ballet Barre Fitness (Nikki)</b>	<b>10:00-11:00pm Pilates Basic (Brian Alger)</b>  <b>11:30-12:30pm Boxfit (Marcel)</b>
<b>LUNCH EXPRESS CLASSES</b>	<b>12:00-1:00PM ZUMBA (JESSICA)</b>		<b>12:00-1:00PM BOXFIT (MARCEL)</b>		<b>12:00-1:00PM DISCOFIT (NIKKI)</b>	
<b>AFTERNOON CLASSES</b>	<b>5:30-6:30 Ballet Barre Sculpt</b>  <b>5:30-6:30 Hot Yoga (Lara)</b>	<b>4:00-5:00pm Teacher Training (Mona)</b>  <b>5:30-6:30pm Pilates Power hr. ½ hr mat ½ hr reformer</b>	<b>5:30-6:30pm Zumba (Beginning Feb)</b>	<b>4:00-5:00pm Pilates Teacher Training (Mona)</b>  <b>5:30-6:30pm Pilates Power hr. ½ hr mat ½ hr reformer</b>	<b>5:30-6:30pm Moksha Hot Yoga (Denise)</b>	
<b>EVENING CLASSES</b>	<b>6:30-7:30pm Discofit</b>  <b>6:30-8:00pm Boxfit (Marcel)</b>	<b>7:30-8:45pm Moksha Hot Yoga (Denise)</b>	<b>6:30-7:30pm Disco Fit</b>	<b>6:30-7:30pm Hot Yoga (Donna)</b>  <b>8:30-9:30pm Hip Hop Cardio</b>		<b>lululemon athletica Is now in!</b>  <b>See what you can take home!</b>

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705-730-7678 / [www.tranterinstitute.com](http://www.tranterinstitute.com)**