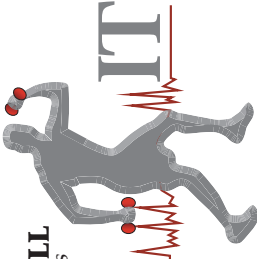


OWINGS MILLS MALL
LOWER LEVEL, NEXT TO MACYS



CHIZEL

GROUP FITNESS &
PERSONAL TRAINING
CENTER

HOURS: Mon-Thur 9:30am-8:30pm / Fri-Sat 10am-5pm / Sun 12pm-2pm

**MOST CLASSES ARE AT LEAST 45 MINUTES,
AND ARE SUBJECT TO CHANGE WITHOUT NOTICE.**

NO CONTRACTS OR COMMITMENTS • WWW.CHIZELIT.COM

ONLY \$7.00 PER CLASS

(Except Chizel-It Classes)

3-Month Passes Only \$125*
*\$10 INITIATION FEE FOR NEW GUESTS NOT INCLUDED
1-Month Pass Only \$50**
**\$20 INITIATION FEE FOR NEW GUESTS NOT INCLUDED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30a-10:30a SUPER CIRCUIT <i>with Angela</i>	10:30a-11:30a BODY SCULPTING EXPLOSION <i>with Dwayne</i>	9:30a-10:30a SUPER CIRCUIT <i>with Angela</i>	10:30a-11:30a ABS, CORE & MORE <i>with Tyrone</i>	10:30a-11:30a MUSCLE GROOVE MORNING TONING <i>with Michael</i>	8:00a-9:00a NOT-SO BASIC TRAINING	
10:30a-11:30a CHIZEL-IT MORNING FITNESS NON-VIP \$10 <i>with Charles</i>	10:30a-11:30a CHIZEL-IT MORNING FITNESS NON-VIP \$10 <i>with Charles</i>	10:30a-11:30a CHIZEL-IT MORNING FITNESS NON-VIP \$10 <i>with Charles</i>	5:45p-6:30p POWER PACK FOUR FITNESS ABS PLUS <i>with Tamika</i>	5:45p-6:30p POWER PACK FOUR MUSCLE GROOVE <i>with Michael</i>	9:00a-10:00a BRICKHOUSE CARDIO <i>with Dwayne</i>	12:00p-12:45p FITNESS ABS PLUS <i>with Tamika</i>
5:45p-6:30p POWER PACK FOUR FITNESS ABS PLUS <i>with Tamika</i>	5:45p-6:30p POWER PACK FOUR MAXIMUM CIRCUIT CARDIO <i>with Angela</i>	5:45p-6:30p POWER PACK FOUR FITNESS ABS PLUS <i>with Tamika</i>	6:30p-7:30p STEP EXPRESS <i>with Karen</i>	6:30p-7:30p SUPER CHIZEL-IT NON-VIP \$10 <i>with Charles</i>	11:00a-12:00p TURBO KICK <i>with Tami</i>	1:00p-2:00p WAYNE'S WORLD SUPER-STEP <i>with Dwayne</i>
6:30p-7:30p BRICKHOUSE EXTREME <i>with Dwayne</i>	6:30p-7:30p SUPER CHIZEL-IT NON-VIP \$10 <i>with Charles</i>	6:30p-7:30p STEP EXPRESS <i>with Karen</i>	7:30p-8:30p BRICKHOUSE CARDIO <i>with Dwayne</i>	7:30p-8:30p NOT-SO BASIC TRAINING	12:00p-1:00p CALIFORNIA SCULPTING <i>with Jackie</i>	
7:30p-8:30p CALIFORNIA SCULPTING <i>with Jackie</i>	7:30p-8:30p NOT-SO BASIC TRAINING	7:30p-8:30p BRICKHOUSE CARDIO <i>with Dwayne</i>	7:30p-8:30p NOT-SO BASIC TRAINING	7:30p-8:30p NOT-SO BASIC TRAINING	1:00p-2:00p KIDS FITNESS ONE MONTH PASS-\$28 \$10 REG FEE <i>with Nya</i>	

-- PERSONAL TRAINING AVAILABLE! --