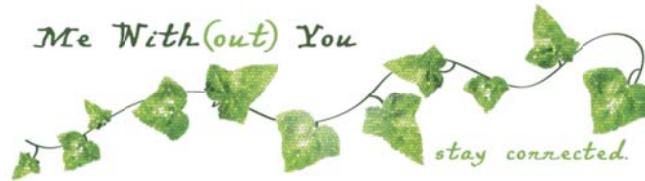


## Spring Session 2013



**Tue S13VA0406 - Cardio & Strength Training Class**  
**Sat S13VA0401 - Dance Blast and Strength Training Class**

Capital Baptist Church GYM 3504 Gallows Rd, Annandale, VA  
Liz Berbano, ACE Certified Group Fitness Instructor  
[epberbano@hotmail.com](mailto:epberbano@hotmail.com) (703)941-3054

Tue, 7:00-8:15pm (0406—11 classes)  
classes)

Apr 2  
Apr 9  
Apr 16  
Apr 23

**TobyMac!**

Apr 30

**Trip**

May 7  
May 14

Sat 8:00-9:15am (0401—8

Apr 6

Apr 13 Warehouse

Apr 20 Warehouse

**NO CLASS—Apr 27-Team**

**NO CLASS May 4 Youth Mission**

May 11 Warehouse

May 18

May 21

NO CLASS--May 25 MEM

DAY WKND

May 28

Jun 1 Liz's House

Jun 4

Jun 8

Jun 11

NO CLASS Jun 15—RUN THE

L2L 5K!

NO CLASS Jun 18-Liz's vacation NO CLASS Jun 22-Liz's vacation

NO CLASS Jun 25-Liz's vacation Jun 29

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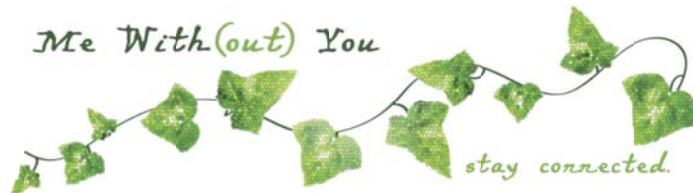
Tue only: \$ 63.50

Tue/Thu: \$ 111.70

Tue/Sat: \$ 101.00

Tue/Thu/Sat: \$ 154.20 (29 classes!)

Sat only: \$ 47.50



Capital Baptist Church, Education Building, 1st Floor, Annandale, VA

# BOOT CAMP/POWER STRENGTH

S13VA0408

Liz Berbano, ACE Certified Group Fitness Instructor

[epberbano@hotmail.com](mailto:epberbano@hotmail.com) (703)941-3054

Thurs, 7-8:15 pm (10 classes)

Apr 4

Apr 11

Apr 18

**NO CLASS APR 25 (Team TobyMac!)**

May 2

May 9 (Classroom)

May 16

May 23

May 30

Jun 6

Jun 13

**NO CLASS Jun 20-Liz's vacation**

**NO CLASS Jun 27-Liz's vacation**

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Thu only: \$ 58.20

Thu/Sat: \$ 95.70