

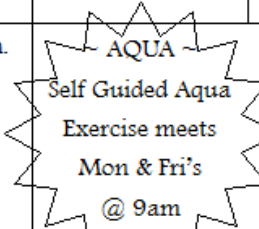
## Camille's Body Shop of Northern Michigan

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# AUGUST 2011

Please visit my Website: [www.CamillesBodyShop.info](http://www.CamillesBodyShop.info)  
Classes are dependant on attendance and interest - Especially AQUA!!  
Pease call to confirm classes if there is any doubt.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Cardio 8:00 a.m. Pilates 9:00 a.m.  <i>Swim Three 1-4</i> Aqua 6 p.m.	2 Frankfort: 8:30- B <sup>2</sup> 9:00 - Cardio 10:30- Pilates	3 Cardio 8:00 a.m. Aqua 9:00 a.m.  <i>Swim Three 1-4</i> Pilates 6 p.m.	4 Frankfort: 8:30- B <sup>2</sup> 9:00 - Cardio 10:30- Pilates	5 Cardio 8:00 a.m. Pilates 9:00 a.m.  <i>Swim Three 1-4</i>	6 Aqua 8 a.m.
7  Nick's BDay	8 Cardio 8:00 a.m. Pilates 9:00 a.m.  Aqua 6 p.m.	9	10 Cardio 8:00 a.m. Aqua 9:00 a.m.  Pilates 6 p.m.	11	12 Cardio 8:00 a.m. Pilates 9:00 a.m.  <i>Keen Beach Road</i>	13 Aqua 8 a.m.
14	15 Cardio 8:00 a.m. Pilates 9:00 a.m.  <i>Swim Four 1-4</i> Aqua 6 p.m.	16 Frankfort: 8:30- B <sup>2</sup> 9:00 - Cardio 10:30- Pilates	17 Cardio 8:00 a.m. Aqua 9:00 a.m.  <i>Swim Four 1-4</i> Pilates 6 p.m.	18 Frankfort: 8:30- B <sup>2</sup> 9:00 - Cardio 10:30- Pilates	19 Cardio 8:00 a.m. Pilates 9:00 a.m.	20 Aqua 8 a.m.
21  Missi's BDay	22 Cardio 8:00 a.m. Pilates 9:00 a.m.  <i>Swim Four 1-4</i> Aqua 6 p.m.	23 Frankfort: 8:30- B <sup>2</sup> 9:00 - Cardio 10:30- Pilates	24 Cardio 8:00 a.m. Aqua 9:00 a.m.  <i>Swim Four 1-4</i> Pilates 6 p.m.	25  <i>Glen Lake Elem. Open House</i>	26 Cardio 8:00 a.m. Pilates 9:00 a.m.  <i>Swim Four 1-4</i>	27 Aqua 8 a.m.
28	29 Cardio 8:00 a.m. Pilates 9:00 a.m.  Aqua 6 p.m.	30 Frankfort: 8:30- B <sup>2</sup> 9:00 - Cardio 10:30- Pilates	31 Cardio 8:00 a.m. Aqua 9:00 a.m.  Pilates 6 p.m.			<p><b>Rates are</b> \$7.00 "drop-in". \$5.00/class for 30 days</p>

\$6.00/class for 60 days