

**\*FREE CLASSES\***



**MAPLETON CENTER**  
FOR HEALTH, FITNESS & NUTRITION

# GRAND OPENING

April 14, 2012 / 8:00AM-9:00PM

3363 N. Pennsylvania Street / Indianapolis, IN 46205

Meet & Greet, Free YOGA, PILATES, ZUMBA & FIT BODY WORKOUT Classes, Free Chair Massages, Gift Raffles, Tour Our Facility, Product Sampling, Wine & Cheese and much more!!!

## Schedule of Events

8:15AM-8:45AM Ribbon Cutting Ceremony  
9:00AM-10:00AM Vinyasa Yoga w/ LaTenia-LaTin Caldwell  
10:15AM Welcome to Mapleton Wellness Center  
10:30AM Class Demonstrations/ Facility Tour  
11:00AM-11:45AM Open Registration

12:00PM-12:45PM Int. Mat Pilates w/ Kathy Allender  
1:15PM Welcome to Mapleton Wellness Center  
1:30PM Class Demonstrations/ Facility Tour  
2:00PM-3:00PM Int. Zumba w/ Rosie Bigbee

3:00PM-4:00PM Open Registration  
4:15PM Welcome to Mapleton Wellness Center  
4:30PM Class Demonstrations  
5:00PM-5:45PM Open Registration

6:00PM-7:00PM Adv. Mat Pilates w/ Melody Cutsinger  
7:15PM-8:15PM Int/Adv. Heat Vinyasa w/ LaTenia LaTin Caldwell  
8:15PM-9:00PM Open Registration/ Closing

## FREE Chair Massages

Licensed Therapists:

**Adrienne Hirsch & LaTenia-LaTin Caldwell**

Mapleton Wellness Center will offer:

**Swedish Massage**  
**Deep Tissue Massage**  
**Thai Massage**  
**Sports Massage**

**Myofascial Massage**  
**Touch Yoga Massage**  
**Stone Massage Sports**

## ALL FITNESS CLASSES BEGIN

Monday, May 14, 2012

OPENING SPECIAL

\$12.00 Walk-In

Class Packages Available!

## WEIGHT MANAGEMENT

Win a FREE PROGRAM (\$350.00 value)  
\$5 per Raffle Ticket.....ENTER NOW!!!

**Public Orientation Dates**

April 26, 2012 / 6:30PM

## NUTRITIONAL CLASSES

Classes begin April 17th-July 3rd  
ENROLL TODAY!

**Dr. Debra Carter Miller**

Diplomate American Board of Family Medicine  
Diplomate of the American Board of Bariatric Medicine

**Brenda Owens**

Business Manager

**Nicholas Owens**

Co-Managing Director / Program Director

**Richard Bluiett**

Co-Managing Director/ Information Technology

**Rosemarie Bigbee**

Certified Personal Trainer