

FREE CLASSES



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