



Eden, UT 84310

801.745.2653

www.hafutah.com

Effective August 31st 2009

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 AM	<u>Sculpt</u> Elizabeth	<u>Sculpt</u> Chandra		<u>Sculpt</u> Elizabeth		
6:00-8:00 AM	<u>Power Half Hour (\$10 Fee)</u>		<u>Power Half Hour (\$10 Fee)</u>		<u>Power Half Hour (\$10 Fee)</u>	
8:00 AM	<u>Restorative Strength and Conditioning</u> Stacey	<u>Beginning Yoga</u> Jesse/Joy	<u>Restorative Strength and Conditioning</u> Joy	<u>NIA</u> Jesse	<u>Restorative Strength and Conditioning</u> Stacey	<u>Yoga</u> (Rotating)
9:15 AM	<u>Circuit</u> Elizabeth	<u>Yoga</u> Danielle	<u>Core/Spin</u> Chandra	<u>Yoga</u> Danielle	<u>Circuit</u> Elizabeth <u>Vinyasa Flow</u> Danielle	

“Your body is your home. If you don’t take care of it, where will you live?” -unknown

Hours/Rates

Monthly Memberships

Our monthly memberships are available on a 12 month membership agreement.

Adult	\$45
Senior	\$40
Couple	\$65
Family	\$75

Yearly Memberships

Purchase a yearly membership and receive 14 months for the price of 12.

Adult	\$540
Senior	\$480
Couple	\$780

Drop-In Rates and Punch Passes

Drop-In Rates	\$10/Day
10 Class Punch Pass	\$85
20 Class Punch Pass	\$160
Power Half Hour	\$10 Member \$15 Non-Member

Seasonal Rates Varies. Inquire at
745-2653.

Hours of Operation

We are open 7 days a week 4:30am-10pm.

Fingerprint Access Only.

Please call 745-2653 for a tour or for more information.

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