



# Adult Group Exercise Party Packages



Adult Group Exercise Party Packages are now available - make fitness fun part of your special event and book your next party with us!

Choose from a variety of class formats, from a fun dance cardio workout to a relaxing restorative yoga experience. Each class features top-notch instructors to ensure your party is a success. Choose from WERQ® or SHINE™ dance fitness, cycling, power yoga, restorative yoga, Zumba®, Aqua Zumba®, POUND®, LES MILLS BODYPUMP™, LES MILLS COMBAT™, Boot camp, Barre or STRONG Nation™. Our Group Exercise team will provide all the motivation and encouragement needed to get you and your group moving!

Days and times available for reservations:  
Fridays between 1-7 PM  
Saturdays and Sundays between 12-4 PM

Party times are subject to instructor availability. For details or to schedule a party, call or email Karen Chapman, Group Exercise Coordinator, at (740) 879-4846, [kchapman@mountcarmelfitness.com](mailto:kchapman@mountcarmelfitness.com).  
7100 Graphics Way, Lewis Center, Ohio 43035

## Party Package A: \$100

- Certified instructor
- Use of exercise studio for one hour and up to 25 participants
- Party coordinator/contact

## Party Package B: \$150

- Certified instructor
- Use of exercise studio for one hour and up to 25 participants
- Use of party room for up to 2 hours (host supplies decorations and refreshments)
- Party coordinator/contact



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