



Harmony

10009 Saginaw Street, Suite A
Grand Blanc, MI 48439

Ann Hobbs, Owner

www.Harmonygrandblanc.com

(810) 695-2131

- Personal Fitness Training appointments are available to suit individual schedule.
- Massage appointments are available 7 days a week.
- A complimentary consultation is available to discuss your personal goals and what programs and services Harmony has to offer you.
- Prior to starting any fitness training programs/services at Harmony, a health/fitness assessment is required. The appointment is 20 minutes and the fee is \$15.
- Bodywork, Spin & Sculpt and Extreme Muscle Work are sold as 10 week programs. There are no credits or make-ups for missed classes.
- Class credit can be issued for reservations that are cancelled 24 hours in advance for Yoga, Zumba and Spinning. All credits must be used by the end of the current season.
- Thank you for refraining from personal cell phone use within the Harmony studio when taking a group session.



Harmony

A PRIVATE STUDIO.

**Massage
Spinning
Yoga
Fitness Training
Nutrition
Weight Loss**

By appointment

Fall Session
September 7th - November 19th

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