



Fall & Winter 2011-2012

[www.bodyshapingbysandy.com](http://www.bodyshapingbysandy.com)

**BODYSHAPING**  
BY SANDY

**Shaping  
the Mind,  
Body & Spirit**

**Sign up today!  
Classes fill up quick!**

**568-0246**

**Now 10 Week  
Semesters!**



**FREE or  
Discounted to  
members of  
most health  
insurance  
plans**

**Group Fitness Classes • Custom Group Classes  
To Register for Classes, call 568-0246**

# Bring A New Student Get **50% OFF** YOUR REGISTRATION!



Must Register with a New Student and Registrations must be received together.  
Call **716-568-0246** for more info.  
**Expires: February 1st, 2012**



## Bodyshaping by Sandy Program Key:

PROGRAM	FREE
Zumba®	★ ● ▲
Total Body BOOT CAMP	★ ● ▲
Bodyshaping 20-20-20	★ ● ▲
Pilates Fusion	★ ● ▲
Yoga	★ ● ▲
TaiChi	★ ● ▲
The Wet Workout	★ ● ▲

## Insurance Company Key:

- ★ Blue Cross Blue Shield of WNY
- ★ Community Blue
- ★ Blue Cross Blue Shield Healthy NY
- ★ Senior Blue of WNY
- Blue Cross Blue Shield of WNY-Self Insured Co. may not be eligible
- Independent Health FlexFit
- ▲ Univera Active Anytime

### Register TODAY!

To Register call our office at **568-0246** or complete and mail the convenient registration form.

Call our office @ 568-0246 for Pricing and ask about our valued members discount!

### TAKE \$10 OFF!

Sign up for Two or more Classes per week and **SAVE \$10** if you register one week before start date.

Fall 2011 classes start the week of Sept. 19<sup>th</sup>

Winter 2012 classes start the week of Jan. 9<sup>th</sup>

### MAKE UP HOTLINE

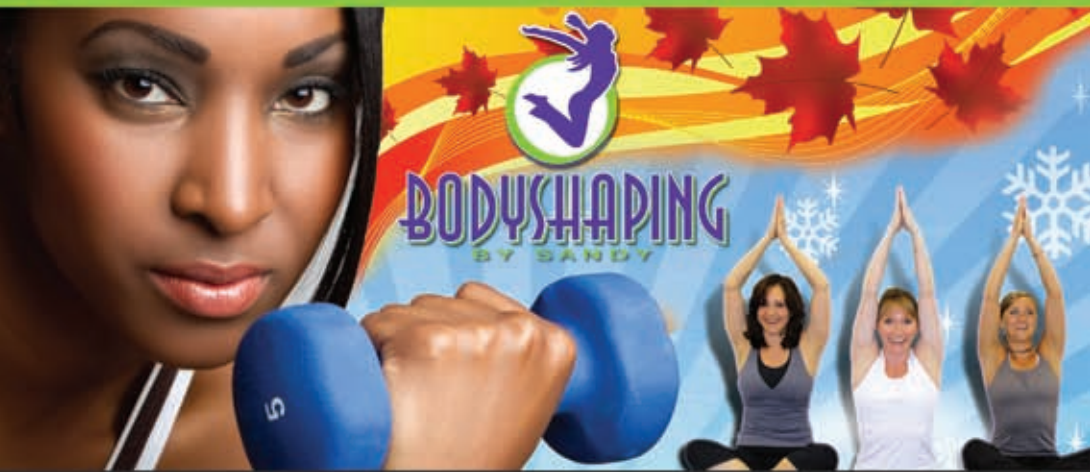
If you miss a class, we want you to make it up! Just call our Make Up Hotline at **688-8265**.

**\*Make Ups cannot be made after semester ends.**

### IMPORTANT BODYSHAPING POLICIES:

- No refunds after classes have started
- Early Registration Discount does not apply to registrants attending one class per/wk
- Make up classes cannot be made after semester ends
- \$10 Discount offer not valid with any other discount, including Insurance
- No more than one discount can be applied
- In order to receive free classes via insurance, participant must meet attendance requirements
- Call 568-0246 for school closings
- Bodyshaping by Sandy cannot guarantee classes if a storm closing should occur
- \$10 processing fee for registrants who cancel before classes start

**SAVE THIS FLYER FOR  
Fall '11 & Winter '12**



## Class Descriptions:

**All Classes are being offered for both Fall 2011 & Winter 2012**

### ZUMBA® SPACE LIMITED!!!!

"Ditch the Workout-Join the PARTY!!" Zumba® Latin Dance-Fitness fuses Latin rhythms and easy to follow moves to create a dynamic fitness program like no other workout you will ever experience! Zumba® members achieve long term health benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Our Zumba® routines feature Interval Training sessions where fast and slow rhythm, plus Resistance Training are combined to Tone and Sculpt your body while burning fat. Zumba® promises to give you a GREAT Workout!

(Zumba® name used with permission from Zumba®).

### Total Body BOOT CAMP

Indoor BOOT CAMP has exploded in popularity recently because it offers a ton of fun and demands an atmosphere that generates RESULTS! This is the busy person's workout that is all inclusive! This program will combine Cardio and Resistance Training. Routines are Fun & Easy to follow. **Bring 1, 2 or 3 lb. weights and a floor mat.**

### Bodyshaping 20-20-20

20 minutes of Cardio...20 minutes of Resistance Training and 20 minutes of Floorwork. You will feel your heart pumping and your muscles burning. This combination gives your body everything it needs. Bodyshaping 20-20-20 is easy to follow and Fun, it may include props such as gliders or bands, which can be added. **Bring 1, 2 or 3 lb. weights and a floor mat.**

### NEW! Pilates Fusion

What is Pilates? An innovative system of mind-body exercise based on the principles of Joseph Pilates. Pilates dramatically transforms the way your body looks, feels and performs. Pilates builds strength without excess bulk and creates a more streamlined toned body. This program will increase flexibility, improve posture, reduce back pain, flatten abs, and improve balance and coordination. Pilates Fusion may be traditional mat or include the use of bands, weights, rollers or discs. Let Bodyshaping by Sandy help you discover this exceptional workout that gives YOU the power to Transform your body! **Bring a floor mat.**

### YOGA

Yoga is the practice of quieting the mind. Yoga offers Meditation and exercises to improve your flexibility and breathing, decrease stress and maintain your health. Yoga is based on the idea that the mind and body are one. Components of Yoga are proper breathing and a series of postures that stretch the body, relax the muscles and bring clarity to the mind. Our program is for ALL levels.

**Bring a floor mat.**

### The Wet Workout

An aquatic program that promotes cardiovascular fitness, muscular strength and endurance, flexibility, coordination, assists in recovery of injury, stress reduction, and having FUN! Routines are easy to follow and for all fitness levels.

### NEW! Tai Chi

Experience the gentle flowing, movements of Tai Chi and treat your body to a gentle and relaxing workout. Tai Chi is sometimes described as "meditation in motion" because of the relaxed yet focused state of mind created during practice. Tai Chi is for everyone, join us for this noncompetitive, self-paced program of gentle physical exercise and stretching.

### NEW! Life 101

Tools for a more joyous life. Life 101 will cover: Dealing with anger in its many forms, not finding happiness, but rather being happy, the powers of forgiveness, learning to laugh more and freely, understanding our true nature... and more! Come and Join Dennis Hutchins as he engages YOU to enjoy your Life to its fullest.



**WWW.BODYSHAPINGBYSANDY.COM**

# Enroll Today, in WNY's Local

## Fall '11 - Winter '12 Class Schedule:

Fall '11 classes start the week of Sept. 19th unless otherwise noted.  
Winter '12 classes start the week of Jan. 9th unless otherwise noted.  
Call 568-0246 to register. All classes are one hour. SD = Start Date.

### ALDEN

**Alden Primary – 11197 Broadway (SD 10/3/11)**  
Bodyshaping 20-20-20 – Class #1, Mon & Wed 5:00 pm  
Zumba® – Class #2, Mon & Wed 6:00 pm  
Total Body BOOT CAMP – Class #3, Mon & Wed 7:00 pm

### AMHERST

**Platinum Fitness – 9450 Transit Rd.**  
Total Body BOOT CAMP – Class #4, Mon & Wed 6:30 pm

**Sweethome Middle School – 4150 Maple Rd.**  
The Wet Workout – Class #5, Mon 7:00 pm (8 Weeks)

**The WELL – 781 Maple Rd.**  
Total Body BOOT CAMP – Class #6, Tue & Thu 9:30 am  
Pilates Fusion – Class #7, Sat 9:00 am

### BUFFALO

**Central Park United Methodist – 216 Beard Ave.**  
Pilates Fusion – Class #8, Mon 5:30 pm  
TaiChi – Class #9, Mon 6:30 pm  
Total Body BOOT CAMP – Class #10, Wed 6:00 pm  
ZUMBA® – #11, Tue & Thu 6:00 pm

**Miracle Missions Church – 406 Sycamore  
(Downtown Location)**  
ZUMBA® – Class #12, Tue & Thu 5:30 pm

**Richmond – Summer Senior Center  
337 Summer St.**  
Total Body BOOT CAMP – Class #13, Wed 5:30 pm  
Yoga – Class #14, Wed 6:30 pm

### CHEEKTOWAGA

**Hospice – 225 Como Park Blvd.**  
Zumba® – Class #15, Wed 4:30 pm (5 Weeks SD 10/5/11)

**St. Luke's Lutheran Church – 900 Maryvale Dr.**  
Total Body BOOT CAMP – Class #16, Mon & Wed 5:30 pm  
Yoga – Class #17, Tue 6:00 pm  
LIFE 101 – Class #18, Thu 6:00 pm

**Nagel Primary School – 1 Nagle Dr.**  
Zumba® – Class #19, Mon & Wed 7:00 pm

### CLARENCE

**Buffalo Training Center – 8510 Roll Rd.**  
Total Body BOOT CAMP – Class #20, Thu 5:45 pm

**Health & Fitness Advantage – 10151 Main St.**  
Bodyshaping 20-20-20 – Class #21, Mon 5:45 pm  
ZUMBA® – Class #22, Tue & Thu 5:30 pm

### DERBY

**Highland Elementary School – 6745 Erie Rd.**  
Zumba® – Class #23, Tue & Thu 6:00 pm  
Total Body BOOT CAMP – Class #24, Tue & Thu 7:00 pm

### EAST AURORA

**East Aurora Christian Church – 464 Main St.**  
Zumba® – Class #25, Tues & Thu 6:00 pm  
Pilates – Class #26, Tues & Thu 7:00 pm

### ELMA

**Iroquois Intermediate Bldg. – 2111 Girdle Rd.**  
Total Body BOOT CAMP – Class #27, Mon & Wed 6:30 pm  
Pilates Fusion – Class #28, Mon & Wed 7:30 pm

### EGGERTSVILLE

**St. Peter's Episcopal – 205 Longmeadow Rd.**  
Zumba® – Class #29, Mon 6:00 pm  
Yoga – Class #30, Mon 7:00 pm

### GRAND ISLAND

**Charlotte Sidway Elementary – 2451 Baseline Rd.  
(Fitness Room)**  
ZUMBA® – Class #31, Tues 6:00 pm  
Total Body BOOT CAMP – Class #32, Tues 7:00 pm  
**Grand Island Sr. High School – 1100 Ransom Rd.**  
The Wet Workout – Class #33, Thu 7:00 pm

### HAMBURG

**Frontier Middle – 2751 Amsdell**  
Pilates – Class #34, Mon & Wed 6:00 pm  
ZUMBA® – Class #35, Mon & Wed 7:15 pm

### KEN-TON

**Church of the Nativity UCC – 1530 Colvin Blvd.**

ZUMBA® – Class #36, Mon & Wed 7:00 pm  
ZUMBA® – Class #37, Tue & Thu 6:00 pm  
Bodyshaping 20-20-20 – Class #38, Tue & Thu 7:00 pm  
Yoga – Class #39, Wed 6:00 pm  
Pilates Fusion – Class #40, Sat 9:00 am  
Total Body BOOT CAMP – Class #41, Sat 10:00 am

**Franklin Middle School – 540 Parkhurst Blvd. – Gym**  
Total Body BOOT CAMP – Class #42, Mon & Thu 6:30 pm

**Kenmore Middle School – 155 Delaware Rd. – Gym**  
Pilates Fusion – Class #43, Mon & Wed 7:00 pm

### LANCASTER

**Como Park Elementary – 1985 Como Park Blvd.**  
Total Body BOOT CAMP – Class #44, Mon & Wed 6:30 pm  
ZUMBA® – Class #45, Mon & Wed 7:30 pm

**Hillview Elementary – 11 Pleasantview Dr. – Gym**  
Pilates Fusion – Class #46, Mon 6:30 pm  
Total Body BOOT CAMP – Class #47, Mon & Wed 7:30 pm  
ZUMBA® – Class #48, Tue & Thu 6:00 pm  
Yoga – Class #49, Wed 6:30 pm

**Lancaster High School – One Forton Dr.**  
Wet Workout – Class #50, Tue 6:30 pm

**For more info, call our office at 568-0246**

# Largest Fitness Company!

www.bodyshapingbysandy.com



Choose a Location  
Near You!

## LOCKPORT

**Dale Association – 33 Ontario St.**

**Total Body BOOT CAMP – Class #51, Tue & Thu 5:30 pm**

**ZUMBA® – Class #52, Tue & Thu 6:30 pm**

## NORTH TONAWANDA

**St. Matthew's Lutheran School – 875 Eggert Dr.**

**Total Body BOOT CAMP – Class #53, Tue & Thu 6:00 pm**

## ORCHARD PARK

**ECC South Campus – 4041 Southwestern Blvd.**

**Bodyshaping 20-20-20 – Class #54, Tue 4:30 pm**

**Pilates Fusion – Class #55, Thu 4:30 pm**

**Orchard Park United Methodist – 3700 N. Buffalo Rd.**

**ZUMBA® – Class #56, Tue & Thu 6:00 pm**

**Pilates Fusion – Class #57, Tue & Thu 7:00 pm**

## WEST SENECA

**Southgate Plaza (behind Plaza) Union & Seneca**

**Pilates Fusion – Class #58, Mon & Wed 10:00 am**

**Total Body BOOT CAMP – Class #59, Mon & Wed 5:15 pm**

**Pilates Fusion – Class #60, Mon & Wed 6:15 pm**

**Total Body BOOT CAMP – Class #61, Mon & Wed 7:15 pm**

**Total Body BOOT CAMP – Class #62, Tue & Thu 4:30 pm**

**Zumba® – Class #63, Tue & Thu 5:30 pm**

**Total Body BOOT CAMP – Class #64, Tue & Thu 6:30 pm**

**Yoga – Class #65, Tue & Thu 7:30 pm**

**TaiChi – Class #66, Sat 8:00 am**

**ZUMBA® – Class #67, Sat 9:00 am**

**Total Body BOOT CAMP – Class #68, Sat 10:00 am**

**Pilates Fusion – Class #69, Sat 11:00 am**

**LIFE 101 – Class #70, Sat Noon**

## WILLIAMSVILLE

**Amherst Lutheran Church – 5125 Main St.**

**ZUMBA® – Class #71, Mon & Wed 5:30 pm**

**Bodyshaping 20-20-20 – Class #72, Mon & Wed 6:30 pm**

**Pilates Fusion – Class #73, Tue & Thu 6:00 pm**

**Total Body BOOT CAMP – Class #74, Tue & Thu 7:00 pm**

**Faith UCC – 1300 Maple Rd.**

**Yoga – Class #75, Mon 9:30 am**

**Yoga – Class #76, Wed 7:00 pm**

**Heim Middle – 155 Heim Rd.**

**Wet Workout – Class #77, Mon 7:15 pm (8 Weeks SD 9/26/11)**

**Heim Elementary – 155 Heim Rd.**

**Yoga – Class #78, Tue 6:30 pm (Multi Purpose Rm SD10/4/11)**

**St. John's Lutheran Church – 6540 Main St.**

**Pilates Fusion – Class #79, Mon 5:45 pm**

**Bodyshaping 20-20-20 – Class #80, Tue & Thu 6:00 pm**

**Yoga – Class #81, Sat 9:00 am**

**Zumba® – Class #82, Sat 10:00 am**



## Registration Form

### PLEASE CALL 568-0246 FOR PRICING INFO

If you would like to register for a class by mail, please complete this form. Don't forget to mark your class # and mail with either a check or credit card #. If you are registering through your Health Insurance Plan you MUST call our office at 568-0246.

New Student     Change of Address

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Day: \_\_\_\_\_ Eve: \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

I've enclosed my check or money order

Or please bill my     Mastercard     Visa     Discover

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Fall Classes start the week of September 19th 2011 unless otherwise indicated. Winter Classes start the week of January 9th, 2012.

All classes meet for one hour-10 Week Session.

**Classes can be mixed-be sure to indicate class # and day on this form.**

\$25 FEE for returned checks.



**BODYSHAPING**  
BY SANDY

### SIGN ME UP FOR:

CLASS #	DAY

### AMOUNT ENCLOSED

\$

### COPY REGISTRATION FORM

Mail with payment to:  
**BODYSHAPING BY SANDY**  
5144 Sheridan Dr.  
Williamsville, NY 14221  
If paying by insurance  
call 568-0246

# Bodyshaping by Sandy... 22 Years in Business!

## What We Are About

Bodyshaping by Sandy is Western New York's Largest Fitness Company, meeting the needs of satisfied clientele since 1989. We offer specialty classes in the neighborhoods where YOU live and work. Bodyshaping offers the BEST in Group Fitness Classes for all shapes, sizes and ages! All of Sandy's Instructors are certified fitness professionals and enjoy ongoing staff development to keep up with the latest developments in health and fitness training.

## Custom Group Classes

*Let Bodyshaping Bring Our Classes to YOU*

Bodyshaping by Sandy can customize any class you would like...you supply the group and location and we will create the BEST program for YOU!

Choose from ZUMBA®, Bodyshaping 20-20-20, Total Body BOOT CAMP, Pilates Fusion or Yoga, a combination of one or all... whatever your heart or muscles desire!

Call us at 716-568-0246  
to set up a Custom Group Class  
for your work or group.

**SAVE THIS FLYER FOR  
Fall '11 & Winter '12**

**JOIN  
OUR TEAM!**  
Bodyshaping by Sandy is looking  
for Motivated & Fun Individuals to  
teach the BEST Classes in Town!  
Call us at **716-568-0246**  
or visit our website  
[www.bodyshapingbysandy.com](http://www.bodyshapingbysandy.com)



Our Business Office hours are: Mon-Thu 10:00am-4:00pm • 5144 Sheridan Dr., Williamsville NY 14221