

THE BAR METHOD SPOKANE

Central Valley School District Employee Benefit

The Bar Method is a fun, safe, body-reshaping, one-hour workout. It tones hard-to-reach muscles and improves posture. Students get personal attention throughout the class to help obtain results in a relatively short time.



3 GREAT offers for employees and family

- One Free Class for you and your family members
- Our best new client special, \$79 for unlimited classes for 30 days
- Auto renewal monthly package for unlimited classes monthly for \$109

2 FREE OPEN HOUSE CLASSES ON JUNE 20TH AT 8:30AM & 9:45AM

To SIGN UP go to our website below click on the class tab and click on class schedule. See you there!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	5:30 AM	5:30 AM	5:30 AM	5:30 AM	
6:30 AM		6:30 AM		6:30 AM	7:15 AM
8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM
9:45 AM	9:45 AM	9:45 AM	9:45 AM	9:45 AM	9:45 AM
11:00 AM		11:00 AM		11:00 AM	11:00 AM
4:30 PM	4:30 PM	4:30 PM	4:30 PM		Class Times
5:45 PM	5:45 PM	5:45 PM	5:45 PM		

The Bar Method Spokane
2023 East 29th Spokane, WA 99203
spokane.barmethod.com
509.534.3000 | spokane@barmethod.com



THE BAR METHOD SPOKANE

Three amazing opportunities for Central Valley School District

First offer:

The Bar Method Spokane would like to offer Central Valley School District employees and their spouses/family members a free class at the Bar Method Spokane. This free class is for employees or spouses/family members that have never tried the Bar Method Spokane. Take advantage of this free class and call 509.534.3000 to reserve a class time that fits your schedule. Just bring your Central Valley School District badge to verify that you are an employee or spouses/family member of someone that works for Central Valley School District. If you are pregnant, please call the studio to get a doctor release form to enjoy this amazing workout throughout your entire pregnancy.

On the day of your class, try to arrive 10 to 15 minutes before class to fill out new client form and tour the studio. Please wear workout pants that fall below the knees and make sure to bring socks (all clients need to wear socks during the workout). Females and males (over age 13) are welcome to take classes at the Bar Method Spokane. We hope to see you soon!

Second offer:

The Bar Method Spokane would like to offer employees of Central Valley School District and their spouses/family members our best new client special. For \$79 (plus tax) you or your spouse/family members can take as many classes as you would like in 30 days. Please call the studio to reserve your spot in a class and purchase this amazing package.

Third offer:

If you or your spouse/family members would like to continue the Bar Method workout on a regular basis, we would like to offer our monthly auto renewal contract for unlimited classes every month for \$109 (plus tax). This contract for a monthly auto renew qualifies a client as a "Bar Beauty" or "Bar Buff" which makes you eligible for discounts at our bar partners, first priority on special events or classes and much much more! This special offer is valid per person.

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