





MIND & BODY STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>COMING SOON 9:45 – 10:45 a.m.</p>  <p>(Marilyn) *Starts Aug. 8th</p>	<p>8:00 – 9:00a.m. Hatha Flow Yoga (Kelly) *New Class</p>	<p>COMING SOON 9:45- 10:45a.m.</p>  <p>(Rachel) *Starts Aug. 10th</p>	<p>9:00 – 9:55 a.m.</p>  <p>(Jolene)</p>	<p>9:00 – 10:00a.m. Basic Vinyasa Yoga (Anthony)</p>	<p>9:00- 10:00a.m. Magic Circle Pilates (Tom)</p>	<p>COMING SOON 9:00-10:00 a.m.</p>  <p>(Rotating Team) *Starts Aug. 14th</p>
<p>9:15 – 10:15p.m. Creative Pilates (Rachel) *New Class</p>	<p>12:15 – 1:15p.m. Basic Vinyasa Yoga</p>	<p>1:00 – 3:00p.m. HIGHMARK Lecture Series</p>	<p>10:00– 10:45a.m. Silver Sneakers® YogaStretch (Kelly)</p>	<p>10:45 – 11:30 Creative Pilates (Janet) *New Class</p>	<p>10:15- 10:45a.m. Wunda Chair Fee: \$18.00</p>	<p>Small Group Training Check out our Small Group Training Wunda Chair sessions as well as our other SGT offerings!</p>
<p>COMING SOON 5:30 –6:30p.m</p>  <p>(Janet) *Starts Aug. 8th</p>	<p>5:15 – 5:45 p.m. Core Attack (Danielle)</p>	<p>5:00 – 6:00p.m. Basic Vinyasa Yoga (Susan)</p>	<p>12:15 – 1:15p.m. Basic Vinyasa Yoga (Todd)</p>	<p>5:15 – 6:15 Multi Level Yoga (Anthony) *New Start Time</p>	<p>5:45 – 6:45 p.m.  (Jolene)</p>	
<p>6:30 – 7:30 p.m. Traditional Mat Pilates (Tom) *New Start Time</p>	<p>6:00 – 7:00p.m. Multi Level Yoga (Jacinda)</p>	<p>6:05 – 7:05p.m. Creative Pilates (Janett)</p>	<p>COMING SOON 6:30 – 7:30p.m.</p>  <p>(Allison) *Starts Aug. 11th</p>			
<p>7:30 –9:00p.m. HIGHMARK Lecture Series</p>		<p>7:30- 9:00p.m HIGHMARK Lecture Series</p>				