

# Valhalla Health & Fitness Club

#610 779-6006

## Mind & Body Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			9:00 – 9:45a.m. <b>Creative Pilates</b> (Janet)	9:30 – 10:30a.m. <b>YogaFit</b>	9:30 – 10:30a.m. <b>Creative Pilates</b> (Rachel)	9:00 – 10:00 a.m. <b>Magic Circle Pilates</b> (Tom)
10:30 – 11:00a.m. <b>Kinesis</b> (Sarah) <b>*\$15.00 Class Fee</b>		10:30 – 11:00a.m. <b>Kinesis</b> (Sarah) <b>*\$15.00 Class Fee</b>	10:00-10:45a.m. <b>SilverSneakers®</b> <b>YogaStretch</b> (Ceil)			
11:30- 12:15p.m. <b>Creative Pilates</b> (Janet)	12:15 – 1:15p.m. <b>Gentle Yoga</b> (Carol)	1:00 – 3:00p.m. <b>HIGHMARK</b> <b>Lecture Series</b>	12:15 – 1:15p.m. <b>Basic</b> <b>Vinyasa Yoga</b> (Todd)			
5:00 – 5:30p.m. <b>Kinesis</b> <b>Butts &amp;Guts</b> <b>Class</b> (Lisa) <b>*\$15.00 Class Fee</b>		5:00 – 6:00p.m. <b>Basic Vinyasa</b> <b>Yoga</b> (Susan)		5:45 – 6:45p.m.  (Jolene)		
6:15 – 7:15p.m. <b>Traditional Mat</b> <b>Pilates</b> (Tom)	6:00 – 7:00p.m. <b>Multi Level Yoga</b> <b>Dharma</b> (Carol)	6:00 – 7:00p.m. <b>Creative Pilates</b> (Rachel)	6:00 – 7:00p.m. <b>Gentle and Level 1</b> <b>Yoga</b> (Carol)			
		7:30 – 9:00p.m. <b>HIGHMARK</b> <b>Lecture Series</b>				