


Valhalla Health & Fitness Club

#610 779-6006

Mind & Body Studio

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