






October 2017 **Mind/Body Schedule**
*Premium Tier

Mind/Body Studio

	Monday	Tuesday	Wed.	Thursday	Friday
8:30 am	 pilates + dance + yoga + balance Christina		 Christina	Barre/Core Fusion Christina	 Vinyasa Flow Joyce
9:30 am	 Joyce		 Vinyasa Power Emily		9am start time

See you at the barre!

Our barre classes are fun, energetic workouts that fuse techniques from Pilates, Yoga, and dance to tone and trim the whole body. They are the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. Energy stays high with motivating music and exercises that move along in quick succession.

Now in the Mind/Body Studio—A Variety of Small-Group Classes!

Check out our expanding range of small group mind/body classes, including Yoga and Pilates. With attendance limited to 10 members, participants receive one-on-one attention to get the most out of their Mind/Body Studio experience.

Class reservations:

All classes in the Mind/Body Studio are limited to 10 participants, so please call the front desk one hour prior to class to reserve your spot.

***All barre and yoga classes in the Mind/Body Studio require a Mind/Body Studio premium membership. SilverSneakers® classes require a Healthways membership. See a member of the Membership team for complete information.**