



**January
2018**

Mind/Body Schedule

Mind/Body Studio

	Monday	Tuesday	Wed.	Thursday	Friday
8:30 am	 Christina			Barre/Core Fusion Christina	yoga 9am start time Vinyasa Flow Joyce
9:30 am	 Joyce		Pilates 9am Christina		

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.

***All Mind Body Classes are now included in the Basic Plus membership along with all of our other group fitness classes. If you have any friends that have been wanting to try some of these classes with you, bring them along with you at your next class!!**

*New Year Challenge January 1-February 26
 *earn stickers for each class you attend
 earn stickers for bringing a non-member friend