

FLEX CLASS SCHEDULE

NON MEMBERS WELCOME PLEASE CALL FIRST TO REGISTER

Additional \$5 fee per class

MONDAY

LAUGHTER YOGA 1 PM (45 MIN) (Donations –Please)

FLEX N' FLOW HARD BODY YOGA 6 PM (55 MIN) \$5

20 MINUTES TO FLEX 7 PM (20 MIN) \$10

TUESDAY

PILATES PLUS 10 AM (55 MIN) **NEW!** \$5

PILATES PLUS 6:30 PM (55 MIN) **NEW!** \$5

WEDNESDAY

HATHA YOGA 9:30 AM (90 MIN) STARTING IN SEPT SIGN UP NOW! (6/wk \$90)

LAUGHTER YOGA 1 PM EVERY OTHER WEEK (45 MIN) (Donations-Please)

SOUND MEDITATION (90 MIN) **NEW!** \$15

THURSDAY

HATHA YOGA 5:30 PM (90 MIN) (6/wk \$90)

FRIDAY

20 MINUTES TO FLEX 10 AM (20 MIN) \$10

SATURDAY

BOOTY – FIT CAMP 9 AM EVERY OTHER WEEK (45 MIN) \$10

ZUMBA 10 AM (55 MINUTES) \$5

LAUGHING YOGA EVERY OTHER WEEK 11 AM (45 MIN) (Donations-Please)

NEW CLASSES WILL START AS SOON AS THERE ARE FOUR LADIES SIGNED UP!

GRAB A FEW FRIENDS AND HAVE YOUR OWN CLASS..... JUST ASK!!!