

**\$80 for 10 classes  
for STUDENTS & MILITARY  
with ID**



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**DECEMBER 2017 ONE HOUR CLASSES**

|                     | Monday                      | Tuesday  | Wednesday  | Thursday                                  | Friday   | Saturday                                       | Sunday  |
|---------------------|-----------------------------|--|--|---|--|--|---|
| <b>AM<br/>6:45</b>  |                             |  | <b>Yoga III</b><br>(Iyengar)                           |   | <b>Yoga III</b><br>(Iyengar)                           | <b>7:15<br/>Triyoga<br/>Basics<br/>Level I</b> |   |
| <b>8:00</b>         | <b>Yoga II</b><br>(Iyengar) | <b>Yoga I-II</b><br>(Iyengar)                          | <b>Yoga (All<br/>Levels)</b><br>(Iyengar)              | <b>Fusion<br/>Fitness</b>                 | <b>Modern<br/>Pilates</b><br>(Open Level Mat<br>Class) | <b>8:30<br/>Classic<br/>Cardio</b>             | <b>8:00<br/>Yoga II</b><br>(Iyengar)                                  |
| <b>9:15</b>         | <b>Yoga I</b><br>(Iyengar)  | <b>Classic<br/>Cardio</b>                              | <b>Beginner's<br/>Yoga</b><br>(Yoga For Every<br>Body) | <b>ZUMBA<br/>Fitness</b>                  | <b>Yoga I</b><br>(Iyengar)                             | <b>9:45<br/>Fusion<br/>Fitness</b>             | <b>9:30<br/>Yoga I</b><br>(Iyengar)                                   |
| <b>10:30</b>        | <b>Body Sculpt</b>          | <b>Vinyasa<br/>Yoga I</b>                              | <b>Modern<br/>Pilates</b><br>(Open Level Mat<br>Class) | <b>Vinyasa<br/>Yoga II</b>                | <b>Body Sculpt</b>                                     | <b>11:00<br/>Yoga I</b><br>(Iyengar)           | <b>11:00<br/>Gentle<br/>Yoga *</b><br>\$20 or \$180<br>for 10 classes |
| <b>PM<br/>12:30</b> |                             |  | <b>Yoga II-III</b><br>(Iyengar)                        | <b>Yoga I</b><br>(Iyengar)                |  |  |   |
| <b>5:00</b>         | <b>Fusion<br/>Fitness</b>   | <b>Yoga II</b><br>(Iyengar)                            | <b>Yoga<br/>(All Levels)</b><br>(Iyengar)              | <b>Yoga<br/>(All Levels)</b><br>(Iyengar) | <b>Yoga<br/>(All Levels)</b><br>(Iyengar)              |  |   |
| <b>6:15</b>         | <b>6:30<br/>Body Sculpt</b> | <b>Modern<br/>Pilates</b><br>(Open Level<br>Mat Class) | <b>Body Sculpt</b>                                     | <b>Core and<br/>More!</b>                 | <b>Body Sculpt</b>                                     |  |   |
| <b>7:30</b>         |                             |  | <b>Yoga I</b><br>(Iyengar)                             | <b>Yoga I-II</b><br>(Iyengar)             |  |  |   |

**\* Class Fee payable to instructor, not included in B&S Fee Schedule**

**CLASS FEES**

**(No Membership Dues)**

**\$ 20 per class (Drop-In)**

**\$40 for 7 days of unlimited classes**

**\$125 for a Punch Card of 10 classes (3 mo. exp)**

**ALL FITNESS & YOGA CLASSES**

**\$125 for 30 days of unlimited classes**

**\$340 for 90 days of unlimited classes**

**FITNESS CLASSES ONLY**

**\$100 for 30 days of unlimited classes**

**\$275 for 90 days of unlimited classes**

**\$70 - Private Session with Certified Instructor**