

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



52 B Wall Street, Huntington, New York 11743 631-385-4664
email: bodyandsoulcenter@yahoo.com website: www.bodysoulcenter.net

JANUARY 2018 ONE HOUR CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM 6:45			Yoga III (Iyengar)		Yoga III (Iyengar)	7:15 Triyoga Basics Level I	
8:00	Yoga II (Iyengar)	Yoga I-II (Iyengar)	Yoga (All Levels) (Iyengar)	Fusion Fitness	Modern Pilates (Open Level Mat Class)	8:30 Classic Cardio	8:00 Yoga II (Iyengar)
9:15	Yoga I (Iyengar)	Classic Cardio	Beginner's Yoga (Yoga For Every Body)	ZUMBA Fitness	Yoga I (Iyengar)	9:45 Fusion Fitness	9:30 Yoga I (Iyengar)
10:30	Body Sculpt	Vinyasa Yoga I	Modern Pilates (Open Level Mat Class)	Vinyasa Yoga II	Body Sculpt	11:00 Yoga I (Iyengar)	11:00 Gentle Yoga * \$20 or \$180 for 10 classes
PM 12:30			Yoga II-III (Iyengar)	Yoga I (Iyengar)			FREE Intro to Yoga Class Jan 14th
5:00	Fusion Fitness	Yoga II (Iyengar)	Yoga (All Levels) (Iyengar)	Yoga (All Levels) (Iyengar)	Yoga (All Levels) (Iyengar)		
6:15	6:30 Body Sculpt	Modern Pilates (Open Level Mat Class)	Body Sculpt	Core and More!	Body Sculpt		
7:30			Yoga I (Iyengar)	Yoga I-II (Iyengar)			

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

CLASS FEES

(No Membership Dues)

\$ 20 per class (Drop-In)

\$50 for 7 days of unlimited classes

\$140 for a Punch Card of 10 classes (3 mo. exp)

**ALL FITNESS & YOGA CLASSES
\$135 for 30 days of unlimited classes**

**FITNESS CLASSES ONLY
\$110 for 30 days of unlimited classes**

\$70 - Private Session with Certified Instructor