

**\$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**

**MARCH 2018 ONE HOUR CLASSES**

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

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

**CLASS FEES**

**Effective January 15th**

**(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**