

**\$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 2020 ONE HOUR CLASSES**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM 6:45</b>					<b>Yoga III</b> (Iyengar)		
<b>8:00</b>	<b>Yoga II</b> (Iyengar)	<b>Yoga I-II</b> (Iyengar)	<b>Yoga (All Levels)</b>	<b>Fusion Fitness</b>	<b>Modern Pilates</b> (Open Level Mat Class)	<b>8:30 Classic Cardio</b>	<b>8:00 Yoga II</b> (Iyengar)
<b>9:15</b>	<b>Yoga I</b> (Iyengar)	<b>Instructor's Choice</b>	<b>Beginner's Yoga</b> (Yoga For Every Body)	<b>Drumming Up Fitness</b> (Alternating Cardio Drumming & 60 Second Circuit)	<b>Yoga I</b> (Iyengar)	<b>9:45 Fusion Fitness</b>	<b>9:30 Yoga I</b> (Iyengar)
<b>10:30</b>	<b>Body Sculpt</b>		<b>Modern Pilates</b> (Open Level Mat Class)	<b>Modern Pilates</b> (Open Level Mat Class)	<b>Body Sculpt</b>	<b>11:00 Yoga I</b> (Iyengar)	<b>11:00 Gentle Yoga *</b> \$20 or \$180 for 10 classes
<b>PM 12:30</b>	<b>Yoga II-III</b> (Iyengar)		<b>Yoga II-III</b> (Iyengar)	<b>Yoga I</b> (Iyengar)			
<b>5:00</b>	<b>Fusion Fitness</b>	<b>Yoga II</b> (Iyengar)	<b>Yoga (All Levels)</b>	<b>Yoga (All Levels)</b> (Iyengar)	<b>Yoga (All Levels)</b>		
<b>6:15</b>	<b>Body Sculpt</b>	<b>Modern Pilates</b> (Open Level Mat Class)	<b>Body Sculpt</b>	<b>Core and More!</b>	<b>Body Sculpt</b>		
<b>7:30</b>			<b>Yoga I</b> (Iyengar)	<b>Yoga I-II</b> (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**