

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



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email: bodyandsoulcenter@yahoo.com website: www.bodysoulcenter.net

MAY 2019 ONE HOUR CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM 6:45			Yoga III (Iyengar)		Yoga III (Iyengar)		
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)	Drumming Up Fitness (Alternating Cardio Drumming & 60 Second Circuit)	Yoga I (Iyengar)	9:45 Fusion Fitness	9:30 Yoga I (Iyengar)
10:30	Body Sculpt	Fusion Fitness	Modern Pilates (Open Level Mat Class)	Modern Pilates (Open Level Mat Class)	Body Sculpt	11:00 Yoga I (Iyengar)	11:00 Gentle Yoga * \$20 or \$180 for 10 classes
PM 12:30	Yoga II (Iyengar)		Yoga II-III (Iyengar)	Yoga I (Iyengar)			
5:00	Fusion Fitness	Yoga II (Iyengar)	Yoga (All Levels) (Iyengar)	Yoga (All Levels) (Iyengar)	Yoga (All Levels) (Iyengar)		
6:15	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

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