



Studio On Main - Classes -Winter 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A M	9:00 am Mat Pilates - Kim 10:00 am Circuit Training - Kim 10:00 am Tai Chi - Josh*	9:00 am Half & Half - Sally 9:30 am Hatha Yoga - DeAnna 10:00 am Pilates Reformer* - Sally 10:30 am Stretch 'n Tone - DeAnna	9:00 am Flow Yoga - Britten 10:00 am Half & Half - Britten 10:00 am Tai Chi - Josh*	9:00 am Half & Half - Jill 10:00 am Flow Yoga - Jill	8:00 am Bike Ride - Britten 9:00 am Mat Pilates - Britten	8:00 am Bike Ride - Britten 9:00 am Mat Pilates - Britten 10:00 am Flow Yoga - Britten
N O O N	12:00-12:25 Yoga - Diane	12:00-12:25 Bike Ride - Sally 12:30-12:55 Yoga - Sally	12:00-12:25 Yoga -Britten	12:00-12:25 Bike Ride - Jill 12:30-12:55 Yoga -Jill	12:00-12:25 Bike Ride - Sally 12:30-12:55 PilateYoga - Sally	12:00 pm Yoga Fusion - Vanessa
P M	5:30 pm Half & Half - Britten 6:30 pm Pilates Chair - Britten 7:30 pm Hatha Yoga - Diane	4:00 pm Yoga Basics - Diane 5:30 pm Shape Up -Josh 6:30 pm - Classical Mat Pilates - Debby	4:30 pm Circuit Training - Sally 5:30 pm Pilates Chair - Sally 6:30 pm Breezy Yoga - Yvette 6:30 pm Pilates Reformer - Sally*	4:00 pm Yoga Basics - Diane 5:30 pm Shape Up -Josh 5:30 pm Pilates Reformer - Sally* 6:30 pm Flow Yoga - Sally 7:30 pm Zumba - Gena	Please call to schedule your Private and Semi-Private Pilates Reformer Sessions. 816.836.8139 Zumba, Tai Chi and other specialty sessions start every 6 weeks! Call for more info.	 The Spinning Studio is available at ALL times for self-cycle, <i>only</i> \$3. Drop in any time and take a ride! 

*These classes run in 6-week session format. Please see the front desk to sign-up.