





Studio On Main - Classes - Summer 2010

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| A M | 8:00 am - Cycle Studio 1 - Rebecca 9:00 am - Power Yoga Studio 4 - Rebecca | 8:00 am - Half & Half Studio 1 - Sally 9:00 am - Pilates Plus Studio 4 - Sally 10:00 am - Reformer Studio 2 - Sally | 8:00 am - Cycle Studio 1 - Cindy 9:00 am - Yoga Fit Yoga Studio 4 - Cindy | 8:00 am - Half & Half Studio 1 - Debby 9:00 am - Pilates Sculpt Studio 4 - Debby | 8:00 am - Cycle Studio 1 - Lisa C. 9:00 am - Power Pilates Studio 4 - Lisa C. | 8:00 am - Half & Half Studio 1 - Britten 9:00 am - Pilates Fusion Studio 3 - Britten 10:00 am - Vinyasa Flow Yoga Studio 3 - Britten |
| N O O N | 12:00-12:25 - Spin Studio 1 - Debby 12:30-12:55 - Strictly Strength Studio 4 - Debby | 12:00-12:25 - Spin Studio 1 - Sally 12:30-12:55 - Yoga Studio 4 - Sally | Open Gym \$3 Hop on a cycle, workout with weights, or practice Yoga. | Try Self-Spin! Pop in a music DVD or get lost in your I Pod while spinning. Only \$3 | 12:00-12:25 - Spin Studio 1 - Sally 12:30-12:55 - Pilates Studio 4 - Sally | 12:00 pm - Yoga Fusion Studio 4 - Vanessa |
| P M | 5:30 pm - Half & Half Studio 1 - Britten 6:30 pm - Pilates Plus Studio 3 - Britten 7:30 pm - Goodnight Yoga Studio 4 - Diane | 5:30 pm - Half & Half Studio 1 - Debby 6:30 pm - Pilates Plus Studio 3 - Debby <i>Zumba Session: July 6-August 10 7:30 pm</i> | 4:30 pm - Circuit Training Studio 1 - Sally 5:30 pm - Pilates Chair Studio 4 - Sally 6:00 pm - Flow Yoga Studio 4 - Lisa A. 6:30 pm - Reformer Studio 2 - Sally | 4:30 pm - Pilates Plus Studio 3 - Sally 5:30 pm - Half & Half Studio 1 - Sally 6:30 pm - Flow Yoga Studio 4 - Sally | Please call to schedule your Private and Semi-Private Pilates Reformer Sessions. Ask about our Personal Training options today! |  If there is not an instructor-led cycle class scheduled, Self-Cycle is available for \$3.  |

Lunch Classes: Come for one, come for both. *Only \$6 per 30 minute class!* Lunch Yoga and Lunch Pilates are designed so that you will not sweat during class and can comfortably return to work.

Visit Studio-On-Main.com for online schedule, class descriptions, pricing and studio information. p (816) 836.8139
 All classes 55 minutes unless otherwise noted. *Classes & Instructors subject to change.*