


# Body & Soul

FITNESS AND YOGA CENTER

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## JULY 2010 ONE HOUR CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b> 6:45	Yoga III (Iyengar)		Yoga III (Iyengar)		Yoga III (Iyengar)	7:15 Yoga I (Eclectic)	
8:00	Yoga II (Iyengar)	Yoga I	Yoga I (Iyengar)	Fusion Fitness	Power Kick	8:30 Cardio & Pump	8:00 Yoga II (Iyengar)
9:15	Yoga I (Iyengar)	Classic Cardio	Strength Training	ZUMBA Fitness	Yoga I (Iyengar)	9:45 Fusion Fitness	9:30 Yoga I (Iyengar)
10:30	Yoga Pilates Blend	Vinyasa Yoga	Classic Pilates (Open Level Mat Class)	Vinyasa Yoga	Strength Training	11:00 Yoga I (Iyengar)	
<b>PM</b> 12:30	Special Needs Yoga Series <small>6 classes \$75</small>		Yoga II (Iyengar)	Yoga I (Iyengar)			
4:00							
5:00		Yoga II (Iyengar)		Yoga I	ZUMBA Fitness		
6:15	Yoga I & Pranayama (Eclectic)	Step 'n Strength	Strength Training	Step 'n Strength	Strength Training		
7:30	Fusion Fitness	Yoga Nidra 	Yoga I (Iyengar)	Yoga I-II (Iyengar)			

**CLASS FEES:**

\$ 20 per class (Drop-In) –or–  
 \$ 90 for 30-days of unlimited classes –or–  
 \$ 255 for 90 days unlimited classes –or–  
 \$115 for a Punch Card of 10 classes (no expiration)

*No credit cards. Cash and checks welcomed! NO reservations required.  
 Private Session with certified instructor \$60.*