

MOVE TODAY FOR A BETTER TOMORROW

Mind/Body Options

November 14, - January 8, 2012



MIND/BODY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:10pm			Pilates (40) Dixie G. Studio II			
1:10pm	Yoga (40) Dixie G. Studio I		Yoga (40) Dixie G. Studio I	Healthy Back Bob B. Studio II	Yoga (40) Stephanie M. Studio I	
5:30pm	**Pilates (60) Jen R. Studio II					
6:00pm		Fitness Yoga (60) Amy R. Studio I		Restorative Yoga Katy B. Studio I (60)		

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