

The Studio

at Good Bodies

Mind & Body Classes



| Mon | Tues | Wed | Thurs | Fri | Sat |
|--------------------------------|----------------------------|---------------------------------------|---|-----|--|
| Pilates 9:15am Constance | | Yoga 9:15am Constance | | | Yoga 9:15am Constance |
| | | Begins March 11! | | | Muscle Madness 10:45am Mindy (Group Room) |
| | Yoga 6-7:15pm Angela | Yin Yoga 6:30- 7:30pm Ashley | Gentle Yoga 6-7:15pm Constance | | |

Please see class descriptions on the reverse side of this sheet.

Class Fees:

Single Class \$16

*Ten Class Pass \$140.

**Twenty Class Pass \$220.

*Ten Class pass expires 90 days after purchase.

**Twenty class pass expires after 6 months.

Your first class is always complimentary!

To insure your space in a class, please register online at www.mindbodyonline.com



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www.goodbodiesfitness.com