

The Studio

at Good Bodies

Mind & Body Classes



Mon	Tues	Wed	Thurs	Fri	Sat
Mat Pilates 9:15am Constance		Yoga 9:15am Constance			Yoga 9:15am Constance
					Muscle Madness 10:45am Mindy (Group Room)
	Yoga Chill 5:30pm Angela				
	See Mind- Body Online for dates		Slow Flow to Yin 6-7pm Constance		

Most classes are offered as virtual through Zoom or in person in The Studio. Registering at www.mindbodyonline.com will give you details regarding the Classes format and availability.

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