## The Studio

## **Mind & Body Classes**

at Good Bodies



Mon	Tues	Wed	Thurs	Fri	Sat
Mat Pilates 9:15am Constance		Mixed Level Yoga 9:15am	Slow Flow to Yin 9:15am Constance		Mixed Level Yoga 9:15am
		Constance			Constance

Registering at www.mindbodyonline.com will give you details regarding the class formats 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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