

Drop-in Anytime: \$15
(TEENs & College \$10)
\$12/Pay-Ahead On-line...
www.core-yoga-



Core-Yoga-Fitness.com

SUMMER SESSION 2017

Class Card Packages
6 pack for \$70*
10 pack for \$100*
(*Valid for 4 months)
Unlimited Summer \$170

Yoga, Pilates, Cardio, Strength, Zumba®



JUNE / JULY						
Sunday	Monday	Tuesday	Wednesday	Th	Friday	Sa
					June 23 5:30-6:30am Sunrise Yoga	24
June 25 8:45-10am Yoga	June 26 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	June 27 8:45-10am Warm Flow Yoga	June 28 8:15-9:15pm Yoga & Pilates	29	June 30 5:30-6:30am Sunrise Yoga	July 1
July 2 8:45-10am Yoga	3 No Classes	4 th of July No Class	5 8:15-9:15pm Yoga & Pilates	6	7 5:30-6:30am Sunrise Yoga 8:45-9:45am Cardio Mix	8
9 8:45-10am Yoga	10 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	11 8:45-10am Warm Flow Yoga	12 8:15-9:15pm Yoga & Pilates	13	14 5:30-6:30am Sunrise Yoga 8:45-9:45am Cardio Mix	15
16 8:45-10am Yoga	17 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	18 7:15-8:30am Warm Flow Yoga	19 8:15-9:15pm Yoga & Pilates	20	21 5:30-6:30am Sunrise Yoga 8:45-9:45am Cardio Mix	22
23 8:45-10am Yoga	24 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	25 8:45-10am Warm Flow Yoga	26 8:15-9:15pm Yoga & Pilates	27	28 5:30-6:30am Sunrise Yoga 8:45-9:45am Cardio Mix	29
30 8:45-10am Yoga	31 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®					



AUGUST / SEPT						
Sunday	Mon	Tue	Wed	Th	Fri	Sa
		1 8:45-10am Warm Flow Yoga	2 8:15-9:15pm Yoga & Pilates	3	4 5:30-6:30am Sunrise Yoga 8:45-9:45am Cardio Mix	5
6 8:45-10am Yoga	7 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	8 7:15-8:30am Warm Flow Yoga	9 8:15-9:15pm Yoga & Pilates	10	11 5:30-6:30am Sunrise Yoga 8:45-9:45am Cardio Mix	12
13 8:45-10am Yoga	14 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	15 8:45-10am Warm Flow Yoga	16 8:15-9:15pm Yoga & Pilates	17	18 5:30-6:30am Sunrise Yoga 8:45-9:45am Cardio Mix	19
20 8:45-10am Yoga	21 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	22 8:45-10am Warm Flow Yoga	23 8:15-9:15pm Yoga & Pilates	24	25 5:30-6:30am Sunrise Yoga 8:45-9:45am Cardio Mix	26
27 No class	28 7:45-8:15pm Strength/Pilates 8:15-9:15pm Zumba®	29 8:45-10am Warm Flow Yoga	30 8:15-9:15pm Yoga & Pilates	31	Sept 1 5:30-6:30am Sunrise Yoga	2



Bringing peace, joy, health, and happiness to yourself is not only a wonderful gift you give yourself, but a wonderful gift you give everyone around you!
It's like a SMILE, its Contagious!!!

