

motion studies

4460 N. Chestnut St.

635-7844

GROUP CLASS SCHEDULE

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
<p>9:00am – 10:00am <u>ADVANCED</u> <u>CIRCUIT CLASS</u> Helen Lind 635-7844 \$20/class CALL AHEAD TO REGISTER! *****</p> <p>12:00pm – 1:00pm <u>BALLET BARRE & MORE</u> Mary Ripper Baker 635-7844 \$15/drop-in \$120 for 10 -----</p> <p>12:00pm - 1:00pm & 1:00pm-2:00pm <u>GROUP REFORMER/</u> <u>CIRCUIT CLASS</u> Helen Lind 635-7844 \$20/class CALL AHEAD TO REGISTER! *****</p> <p>5:30pm - 6:30pm <u>GROUP REFORMER</u> <u>CLASS</u> Janet French 354-0332 \$20/class CALL AHEAD TO REGISTER!</p>	<p>1:00pm – 2:00pm <u>GROUP</u> <u>REFORMER</u> <u>CLASS</u> Helen Lind 635-7844 \$20/class CALL AHEAD TO REGISTER!</p>	<p>12:00pm – 1:00pm & 1:00PM – 2:00PM <u>GROUP</u> <u>REFORMER</u> <u>CLASSES</u> Diane Massik 635-7844 \$20/class CALL AHEAD TO REGISTER! *****</p> <p>2:00pm - 3:00pm <u>PILATES MAT & PROPS CLASS</u> Janet French 354-0332 \$15/drop-in \$120 for 10 -----</p>	<p>11:00am - 12:00pm <u>VINYASA FLOW</u> <u>YOGA CLASS</u> Kirsten Vohland 337-9917 \$15/drop-in \$60 inaugural package of 5</p>	<p>12:00pm – 1:00pm & 1:00pm – 2:00pm <u>GROUP</u> <u>REFORMER</u> <u>CLASS</u> Helen Lind 635-7844 \$20/class CALL AHEAD TO REGISTER! *****</p> <p>2:00pm – 3:00pm <u>GROUP CIRCUIT</u> <u>CLASS</u> Helen Lind 635-7844 \$20/class CALL AHEAD TO REGISTER!</p>	<p>8:45am - 9:45am <u>PILATES MAT</u> <u>CLASS</u> Janet French 354-0332 \$15/drop-in \$120 for 10</p>	