



**B-Barre Studio**  
**M-Mat Studio**

# JANUARY 2018

Reserve your mat &/or barre space today @



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p><b>HAPPY 2018 Studio Closed except for ... Times TBD</b> <b>NYNY Fit Camp (Tuula)</b></p>	<p>2</p> <p>6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 All Level Yoga (Lynn-M)</p>	<p>3</p> <p>6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + Weights (Tuula-M) 5:15-30 minute Cardio Blast (Karise-M) 5:20 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)</p>	<p>4</p> <p>6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 5:30 Pilates/Barre Basics (Lynn-B) <b>5:30 BROga Workshop (Tuula-M)</b></p>	<p>5</p> <p>6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M)</p>	<p>6</p> <p><b>8:00 - 9:00 am</b> All Level Yoga (Lynn-M) <b>9:15 - 10:00</b> NYNY Fit Camp (Tuula) <b>9:15 - 10:00</b> Core Barre (Karise-B)</p>	
<p>8</p> <p>6 am Core Barre (Pennie-B) 6:45 Core &amp; Restore (Anne-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core &amp; Restore (Tuula-M) 5:30 Core Barre (Karise-B) <b>5:30 NYNY Fit Camp (Tuula)</b></p>	<p>9</p> <p>6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 All Level Yoga (Lynn-M)</p>	<p>10</p> <p>6:00 am Hard Core Abs (Anne-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + Weights (Tuula-M) 5:15-30 minute Cardio Blast (Karise-M) 5:20 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)</p>	<p>11</p> <p>6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 5:30 Pilates/Barre Basics (Lynn-B) <b>5:30 BROga Workshop (Tuula-M)</b></p>	<p>12</p> <p>6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Tuula-M)</p>	<p>13</p> <p><b>8:00 - 9:00 am</b> All Level Yoga (Lynn-M) <b>9:15 - 10:00</b> NYNY Fit Camp (Tuula) <b>9:15 - 10:15</b> Holy Yoga (Lynn-B) <b>10:30 - 12:00</b> doTERRA WORKSHOP</p>	
<p>15</p> <p>6 am Core Barre (Pennie-B) 6:45 Core &amp; Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core &amp; Restore (Tuula-M) 5:30 Core Barre (Karise-B) <b>5:30 NYNY Fit Camp (Tuula)</b> 6:30 Leadership meeting</p>	<p>16</p> <p>6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 All Level Yoga (Lynn-M)</p>	<p>17</p> <p>6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + Weights (Tuula-M) 5:15-30 minute Cardio Blast (Karise-M) 5:20 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)</p>	<p>18</p> <p>6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 5:30 Pilates/Barre Basics (Lynn-B) <b>5:30 BROga Workshop (Tuula-M)</b></p>	<p>19</p> <p>6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M)</p>	<p>20</p> <p><b>8:00 - 9:00 am</b> All Level Yoga (Lynn) <b>9:15 - 10:00</b> NYNY Fit Camp (Tuula) <b>9:15 - 10:00</b> Core Barre (Lynn-B)</p>	
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HOLY YOGA

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**CORE CONNECTIONS**  
815 St. Joseph St. (Lower Level)  
Rapid City, SD 57701  
359WellnessRC.com



**Control\*Execute\*Transform**  
**Connecting Mind & Body-**  
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