



B-Barre Studio
M-Mat Studio

July 2017

Reserve your mat &/or barre space today @
<https://clients.mindbodyonline.com>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates 101: Back to the Basics 6 week series begins Monday, July 10th at 5:30 pm Qi Fit every Saturday at 9 am at Old Story Book Island (BYOM)					JULY 1st Studio Closed thru July 4th STRIKE A POSE #CoreSummerChallenge ENJOY YOUR L.O.N.G WEEKEND!
3 STUDIO CLOSED #CoreSummerChallenge	4 STUDIO CLOSED 	5 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) 5:15-5:45 Cardio Blast (Karise-M) 5:20-5:50 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)	6 6 am Pound Rockout (Patsy-M) 6:45 Core & More (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Karise-M) 1:10 Qi Fit (Gregg-M) 4:30 Core Barre (Pennie-B) 5:30 Pilates Basics (Tuula-M)	7 6 am Core Barre (Jen-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates (Michelle-M) 12:10 pm Pilates + Pound (Tuula-M) 1:10 Restorative Yoga (Kelly-M)	8 8 am  Tuula Chapel in the Hills 9:00 am Qi Fit - Gregg Old Story Book Island
10 6 am Core Barre (Jen-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Anne-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B) 5:30 Week 1: Pilates 101 workshop (Tuula-CL) Foundation & Primary Principles	11 6 am Pilates Fusion (Anne-M) 6:45 Core & More (Anne-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Pound Rockout (Patsy-B) 5:30 All Level Yoga (Lynn-M)	12 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Karise-M) 12:10 pm Pilates + Weights (Tuula-M) 5:15-5:45 Cardio Blast (Karise-M) 5:20-5:50 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)	13 6 am Pilates + (Anne-M) 6:45 Core & More (Anne-M) 1:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 1:10 Qi Fit (Gregg-M) 4:30 Core Barre (Pennie-B) 5:30 Pilates Basics (Tuula-M)	14 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)	15 8:00 am Yogilates Tuula & Lynn Canyon Lake 9:00 am Qi Fit - Gregg Old Story Book Island 9:15 SUP - BYOB
17 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Anne-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B) 5:30 Week 2: Pilates 101 workshop (Tuula-CL) Mind/Body breath work 6:30 Leader Meeting	18 6 am Pilates Fusion (Anne-M) 6:45 Core & More (Anne-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Pound Rockout (Tuula-B) 5:30 All Level Yoga (Lynn-M)	19 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Emily-M) 12:10 pm Pilates + Weights (Tuula-M) 5:15-5:45 Cardio Blast (Karise-M) 5:20-6:00 Restorative Yoga (Kelly-M) 6:00 Restorative Yoga (Kelly-M)	20 6 am Pound Rockout (Patsy-M) 6:45 Core & More (Anne-M) 1:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 1:10 Qi Fit (Gregg-M) 4:30 Core Barre (Pennie-B) 5:30 Pilates Basics (Tuula-M)	21 6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Emily-M) 12:10 pm Pilates + Pound (Tuula-M) 1:10 Restorative Yoga (Tuula-M)	22 8 am  Lynn Chapel in the Hills 9:00 am Qi Fit - Gregg Old Story Book Island
24/31 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Anne-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B) 5:30 Week 3/4: Pilates 101 workshop (Tuula-CL) Core Alignment/Stress relief	25 6 am Pilates Fusion (Anne-M) 6:45 Core & More (Anne-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Pound Rockout (Patsy-B) 5:30 All Level Yoga (Lynn-M)	26 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) 5:15-5:45 Cardio Blast (Karise-M) 5:20-5:50 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)	27 6 am Pound Rockout (Patsy-M) 6:45 Core & More (Michelle-M) 1:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 1:10 Qi Fit (Gregg-M) 4:30 Core Barre (Pennie-B) 5:30 Pilates Basics (Tuula-M)	28 6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Anne-M) 12:10 pm Power Flow Yoga (Karise-M) 1:10 Restorative Yoga (Kelly-M)	29 9:00 am Qi Fit - Gregg Old Story Book Island 

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



Control*Execute*Transform
Connecting Mind & Body-
BALANCE for Life!