

Drop-in Anytime: \$15
 (TEENS & College \$10)
 \$12/Pay-Ahead On-line...
www.core-yoga-fitness.com
 Zumba Drop-in is \$10

Core-Yoga-Fitness.com

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



SUMMER SESSION 2017

Yoga, Pilates, Cardio, Strength, Zumba®



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



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



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 Classes Held at East Coast Dance Center 6 Washington Street North Reading, MA