



B-Barre Studio
M-Mat Studio

November 2017

Reserve your mat &/or barre space today @



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrating SIX years and offering FREE Pilates, Yoga & Barre - A BIG Thank YOU for being a part of Core Connections! SHARE THE LOVE - Invite your friends and family		1 6:00 am Hard Core Abs (Jen-M) 6:45 Slow Flow Restorative Yoga (Tuula) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core Ball + Weights (Tuula-M) 5:15-30 minute Cardio Blast (Emily-M) 5:20 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)	2 6:15-7:15 am Core Ball + (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 1:10 Qi Fit (Gregg-M) 5:30 Pilates Basics (Anne-B) 5:30 FIT FOR FALL FIT CAMP (Tuula)	3 6 am Core Barre (Pennie-B) 6:45 Pilates + (Tuula-M) 11:10 Pilates + (Anne-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Tuula-M)	4 8:00 - 9:00 am All Level Yoga (Lynn) 9:15 Core Barre (Patsy)
Balanced Bodies thru the Holiday's, 11/20-12/31					
6 6 am Core Barre (Jen-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Anne-B) 5:30 FIT FOR FALL FIT CAMP (Tuula)	7 6:15-7:15 Core Barre + (Anne-B) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 All Level Yoga (Lynn-M)	8 6:00 am Hard Core Abs (Jen-M) 6:45 Slow Flow Restorative Yoga (Tuula) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core Ball + Weights (Tuula-M) 5:15-30 minute Cardio Blast (Emily-M) 5:20 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)	9 6:15-7:15 am Core Ball + (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 1:10 Qi Fit (Gregg-M) 5:30 Pilates Basics (Anne-M) 5:30 FIT FOR FALL FIT CAMP (Tuula)	10 6 am Core Barre (Pennie-B) 6:45 Pilates + (Tuula-M) 11:10 Pilates + (Anne-M) 12:10 pm Pilates + Pound (Tuula-M) 1:10 Restorative Yoga (Kelly-M)	11 8:00 - 9:00 am All Level Yoga (Tuula) 9:15 Core Barre (Pennie) 9:15 - 10:15 Holy Yoga (Lynn) HOLY YOGA 11/11 @ 11 am Fall Clothing swap
FREE PILATES all week					
13 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B) 5:30 FIT FOR FALL FIT CAMP (Tuula)	14 6:15-7:15 Core Barre + (Anne-B) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 All Level Yoga (Lynn-M)	15 6:00 am Hard Core Abs (Jen-M) 6:45 Slow Flow Restorative Yoga (Tuula) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core Ball + Weights (Tuula-M) 5:15-30 minute Cardio Blast (Karise-M) 5:20 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)	16 6:15-7:15 am Core Ball + (Anne-M) 11:10 Hard Core Ab Pilates (Karise-M) 12:10 pm Pi-Yo (Tuula-M) 1:10 Qi Fit (Gregg-M) 5:30 Pilates Basics (Anne -B) 5:30 FIT FOR FALL FIT CAMP (Tuula)	17 6 am Core Barre (Pennie-B) 6:45 Pilates + (Tuula-M) 11:10 Pilates + (Anne-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Tuula-M)	18 8:00 - 9:00 am All Level Yoga (Lynn) 9:15 Core Barre (Karise)
FREE YOGA all week					
20 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B) 5:30 FIT FOR FALL FIT CAMP (Tuula)Last Hu-Rah.... 6:30 Leadership meeting	21 6:15-7:15 Core Barre + (Anne-B) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 All Level Yoga (Lynn-M)	22 6:00 am Hard Core Abs (Jen-M) 6:45 Slow Flow Restorative Yoga (Tuula) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core Ball + Weights (Tuula-M) 1:10 Restorative Yoga (Kelly-M)	23 THANKSGIVING HOLY YOGA 7 AM (Tuula) Studio Closed after Ho Yo	24 BLACK FRIDAY BURN DA BIRD 11:10 Pilates + (Anne-M) 12:10 pm Pilates + Kettle bells (Emily-M) 1:10 Restorative Yoga (Kelly -M)	25 8:00 - 9:00 am All Level Yoga (Tuula) 9:15 Core Barre (Lynn)
FREE BARRE all week					
27 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B)	28 6:15-7:15 Core Barre + (Anne-B) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 All Level Yoga (Lynn-M)	29 6:00 am Hard Core Abs (Jen-M) 6:45 Slow Flow Restorative Yoga (Tuula) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core Ball + Weights (Tuula-M) 5:15-30 minute Cardio Blast (Karise-M) 5:20 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)	30 6:15-7:15 am Core Ball + (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 1:10 Qi Fit (Gregg-M) 5:30 Pilates Basics (Anne -B)		

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



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