



B-Barre Studio
M-Mat Studio
Core Remote
S-Snap Studio

FEBRUARY 2018

Reserve your mat &/or barre space today @



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Core Barre 101 6 week workshop series coming in March					
5 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Karise-M) 5:30 Core Barre (Karise-B) 5:30 NYNY Fit Camp (Pen)	6 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)	7 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) 5:30 Cardio Blast Pilates (Karise-M) 5:30 Restorative Yoga (Kelly-M)	8 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) 5:30 BROga Workshop (Tuula-M)	9 6 am Core Barre (Jen -B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates (Anne-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Tuula-M)	3 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 NYNY Fit Camp (Pen-M) 9:15 - 10:00 Core Barre (Karise-B)
12 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Karise-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B) 5:30 NYNY Fit Camp (Tuula)	13 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)	 14 6:00 am Hard Core Abs (Karise-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + Weights (Tuula-M) 5:30 Cardio Blast Pilates (Karise-M) 5:30 Restorative Yoga (Kelly-M)	15 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)	16 6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Anne-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M)	 17 8:00 - 9:00 am All Level Yoga (Lynn-M) 8:00-8:55 Bootcamp with Jim @ SNAP 9:15 - 10:00 (closed group) NYNY Fit Camp (Tuula-M) 9:15 - 10:00 Core Barre (Lynn-B) 10:00 - 10:45 All Level Pilates (Tuula-M/S)
19 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M/S) 5:30 Core Barre (Karise-B) 5:30 NYNY Fit Camp (Tuula) 6:30 Leadership meeting	20 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/S) 5:30 All Level Yoga (Lynn-M)	21 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) 5:30 Cardio Blast Pilates (Karise-M) 5:30 Restorative Yoga (Kelly-M)	22 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/S) 5:30 Pilates/Barre Basics (Lynn-B)	23 6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Anne-M) 12:10 pm Power Flow Yoga (Tuula-M/S) 1:10 Restorative Yoga (Tuula -M/S)	24 8:00 - 9:00 am Pi-Yo doTERRA Flow (Tuula & Cheri-M) 9:15 - 10:00 NYNY Fit Camp (Tuula-M) 9:15 - 10:15 Holy Yoga (Lynn-B)
26 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M/S) 5:30 Core Barre (Karise-B) 5:30 NYNY Fit Camp (Tuula)	27 6:15 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/S) 5:30 All Level Yoga (Lynn-M)	28 6:00 am Hard Core Abs (Jeb-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + Weights (Tuula-M) 5:30 Cardio Blast Pilates (Karise-M) 5:30 Restorative Yoga (Kelly-M)			

CORE/SNAP OPEN HOUSE (Both Locations) SATURDAY, FEBRUARY 17TH



Core Remote at Snap, 24/7 access to gym & combined practice offerings



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



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