

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 6 am Pound Rockout WO (Patsy-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pilates + Weights (Tuula-M) 12:10 Core Barre (Tammy-B) 4:30 Core Barre (Annette-B) 5:30 Empower Hour (Annette-M)	<b>2</b> 6 am Core Barre (Tuula-B) 6:45 Pilates Plus (Jen-B) 11:10 Core & More (Karise-B) 12:10 pm Basic Pilates (Tuula-M) 1:10 Restorative Yoga (Kelly-M) 5:30 No Yoga - Enjoy your weekend!	<b>3</b> <b>Studio Closed</b>  <b>Labor Day weekend</b>
<b>5</b>  <b>Studio Closed</b> #CoreSummerChallenge ends	<b>6</b> 6 am Pilates Fusion (Karise-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Core & More (Tuula-M) 12:10 Core Barre (Tammy-B) 4:30 Pound Rockout WO (Patsy-M) 5:20 Power Barre (Patti-B) 5:30 All Level Yoga (Lynn-M)	<b>7</b> 6 am Core Barre (Patti-B) 6:45 Restorative Yoga (Tuula-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)	<b>8</b> 6 am Pound Rockout WO (Patsy-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Patti-B) 4:30 Core Barre (Pennie-B) 5:30 Empower Hour (Karise-M)	<b>9</b> 6 am Core Barre (Pennie-B) 6:45 Pilates Plus (Jen-B) 11:10 Core & More Pilates (Rachel-B) 12:10 pm Basic Pilates (Tuula-M) 1:10 Restorative Yoga (Tuula-M) 5:30 All Level Yoga (Lynn-M)	<b>10</b> 8:00 am Yogilates (Tuula & Lynn-M) Chapel Lane/Canyon Lake 9:30 Core Barre (Patti-B) 10:15 Holy Yoga (Tuula-M)
<b>12</b> 6 am Core Barre (Tuula-B) 6:45 Core & Restore (Jen-M) 11:10 Core & More (Emily-B) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Patti-B) 5:30 <b>Fit For Fall Fit Camp (Tuula)</b>	<b>13</b> 6 am Pilates Fusion (Karise-M) 11:10 Hard Core Ab Pilates (Rachel-M) 12:10 pm Core & More (Tuula-M) 12:10 Core Barre (Tammy-B) 4:30 Pound Rockout WO (Patsy-M) 5:20 Power Barre (Annette-B) 5:30 All Level Yoga (Lynn-M)	<b>14</b> 6 am Core Barre (Jen-B) 6:45 Restorative Yoga (Tuula-M) 12:10 pm Pilates + Weights (Tuula-M) 5:15-5:45 Cardio Blast (Karise-M) 5:20-5:50 Core Barre Lite (Lynn-B) 6:00 Restorative Yoga (Lynn-M)	<b>15</b> 6 am Pound Rockout WO (Patsy-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Tammy-B) 4:30 Core Barre (Tuula-B) 5:30 Empower Hour (Annette-M)	<b>16</b> 6 am Core Barre (Tuula-B) 6:45 Pilates Plus (Jen-B) 11:10 Core & More Pilates (Karise--B) 12:10 pm Basic Pilates (Tuula-M) 1:10 Restorative Yoga (Tuula-M) 5:30 All Level Yoga (Lynn-M)	<b>17</b> 8:00 am Yogilates (Tuula & Lynn-M) Chapel Lane/Canyon Lake <b>9:15 Fit For Fall Fit Camp (Tuula-M)</b> 9:30 Core Barre (Patsy-B)
<b>FIT FOR FALL Fit Camp begins Sept 12th!</b>					
<b>19</b> 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Core & More (Rachel-B) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Lynn-B) 5:30 Fit For Fall Fit Camp (Tuula) 6:30 Leader meeting	<b>20</b> 6 am Pilates Fusion (Karise-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Core & More (Tuula-M) 12:10 Core Barre (Annette-B) 4:30 Pound Rockout WO (Patsy-M) 5:20 Power Barre (Annette-B) 5:30 All Level Yoga (Lynn-M)	<b>21</b> 6 am Core Barre (Jen-B) 6:45 Restorative Yoga (Tuula-M) 12:10 pm Pilates + Weights (Tuula-M) 5:15-5:45 Cardio Blast (Karise-M) 5:20-5:50 Core Barre Lite (Lynn-B) 6:00 Restorative Yoga (Lynn-M)	<b>22</b> 6 am Pound Rockout WO (Patsy-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Tammy--B) 4:30 Core Barre (Pennie-B) 5:30 Empower Hour (Annette-M)	<b>23</b> 6 am Core Barre (Pennie-B) 6:45 Pilates Plus (Tuula-B) 11:10 Core & More Pilates (Rachel-B) 12:10 pm Basic Pilates (Tuula-M) 1:10 Restorative Yoga (Tuula-M) 5:30 All Level Yoga (Lynn-M)	<b>24</b> 8:00 am Yogilates (Tuula & Lynn-M) Chapel Lane/Canyon Lake 9:15 Fit For Fall Fit Camp (M) 9:30 Core Barre (Rachel-B) 10:15 Holy Yoga (Lynn-M)
<b>25 RACE FOR THE CURE-SF's</b> <b>26</b> 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Kelly-M) 11:10 Core & More (Rachel-B) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Patti-B) 5:30 Fit For Fall Fit Camp (Tuula)	<b>27</b> 6 am Pilates Fusion (Karise-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Core & More (Tuula-M) 12:10 Core Barre (Annette-B) 4:30 Pound Rockout WO (Patsy-M) 5:20 Power Barre (Annette-B) 5:30 All Level Yoga (Lynn-M)	<b>28</b> 6 am Core Barre (Patti-B) 6:45 Restorative Yoga (Tuula-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)	<b>29</b> 6 am Pound Rockout WO (Patsy-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Patti-B) 4:30 Core Barre (Tuula--B) 5:30 Empower Hour (Annette-M)	<b>30</b> 6 am Core Barre (Tuula-B) 6:45 Pilates Plus (Jen-B) 9:00 SW Middle School Wellness Day 11:10 Core & More Pilates (Rachel-B) 12:10 pm Basic Pilates (Tuula-M) 1:10 Restorative Yoga (Kelly-M) 5:30 All Level Yoga (Lynn-M)	

**CORE CONNECTIONS**  
 Pilates, Yoga & Barre Wellness Studio  
 815 St. Joseph Street (Lower Level)  
 CoreWellnessRC.com  
 Rapid City, SD 57701



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