

B-Barre Studio M-Mat Studio

September 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOGA 101 - 4 WEEK WORKSHOP SERIES BEGINS IN SEPTEMBER. TUESDAY, 9/5 & MONDAY'S, 9/11, 9/18 & 9/25 @ 5:30 PM.	SAVE THE DATES CORE SOCIAL - FIREHOUSE WINERY TUESDAY OCTOBER 3RD AT 5:30 PM ZONTA EXPO - THURSDAY EVENING OCTOBER 5TH FIT FOR FALL BEGINS MONDAY OCTOBER 2ND		IN 10 SESSIONS YOU WILL FEEL THE DIFFERENCE, IN 20 YOU WILL SEE THE DIFFERENCE & IN 30 YOU'LL HAVE A WHOLE NEW BODY! ~JOSEPH PILATES	1 6 am Core Barre (Jen-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)	2 Labor Day Weekend STUDIO CLOSED Last weekend to ***STRIKE A POSE #CoreSummerChallenge Save the date: October 3rd @ 5:30 pm
4 STUDIO CLOSED 	5 6 am Pilates Fusion (Karise-M) 6:45 Core & More (Karise-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Pound Rockout (Patsy-B) 5:30 NO All Level Yoga due to workshop 5:30 Week 1: (Mat Studio) Yoga 101 4 week series	6 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) NO Core Barre or Restorative Yoga 5-9 Training 	7 6 am Pound Rockout (Patsy-M) 6:45 Core & More (Karise-M) 11:10 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)	8 6 am Core Barre (Pennie-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)	9 8:00 - 9:00 am All Level Yoga - M Tuula 9 am - 1 pm Mt. Baldy Hike 
11 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 (Pennie-B) 5:30 Week 2: (Mat Studio) Yoga 101 4 week series	12 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)	13 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 (Lynn-B) 6:00 Restorative Yoga (Lynn-M)	14 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 (Karise-M) 1:10 Qi Fit (Gregg-M) 4:30 Core Barre (Anne-B) 5:30 Pilates Basics (Tuula-M)	15 6 am Core Barre (Anne-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)	16 8:00 - 9:00 am All Level Yoga Lynn
10/20/30 Challenge - Finish STRONG!					
18 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: (Mat Studio) Yoga 101 4 week series 6:30 Leadership meeting	19 6 am Pilates Fusion (Anne-M) 6:45 Core & More (Anne-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Pilates Fusion (Tuula-M) 5:30 Pound Rockout (Patsy-B) 5:30 All Level Yoga (Lynn-M)	20 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) 5:20-6:00 Restorative Yoga (Lynn-M) 6:00 Restorative Yoga (Lynn-M)	21 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 Qi Pilates Basics (Tuula-M)	22 6 am Core Barre (Pennie-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)	23 8:00 - 9:00 am All Level Yoga Tuula
25 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Anne-M) 11:10 Pilates + (Anne-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B) 5:30 Week 4: (Mat Studio) Yoga 101 4 week series	26 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)	27 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/Lynn-B) 6:00 Restorative Yoga (Kelly/Lynn-M)	28 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)	29 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)	30 8:00 am  Lynn

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



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