

| Monday                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                                      | Saturday                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>1</div> <div>6 am Core Barre (Pennie-B)<br/>6:45 Core &amp; Restore (Jen-M)<br/>11:10 Pilates + (Michelle-M)<br/>12:10 pm Core &amp; Restore (Tuula-M)<br/>4:30 Restorative Tai Chi (Gregg-M)<br/>5:30 Core Barre (Karise-B)</div>                                 | <div>2</div> <div>6:00 am Core Barre (Anne-B)<br/>6:45 Pilates Plus (Anne-M)<br/>11:10 Hard Core Abs (Karise-M)<br/>12:10 pm Core Barre Pi-Yo (Tuula M/B)<br/>4:30 Pi-Yo (Melissa M)<br/>5:30 All Level Yoga (Lynn-M)</div>  | <div>3</div> <div>6:00 am Hard Core Abs (Jen-M)<br/>6:45 Restorative Yoga (Tuula-M)<br/>11:10 Pilates Fusion (Michelle-M)<br/>12:10 pm Pilates Plus (Tuula-Halley Park)<br/>5:30 Core Barre (Missy-B)</div>                                            | <div>4</div> <div><div>Happy July 4th</div><div>4th of July<br/>STUDIO CLOSED</div></div>                                                                                                                                                                                                | <div>5</div> <div>6 am NO Practice<br/>6:45 NO Practice<br/>11:10 Pilates Sweat (Michelle-M)<br/>12:10 pm Power Flow Yoga (Tuula-M)<br/>1:10 Restorative Yoga (Kelly-M)</div>                                                                                               | <div>6</div> <div>8 am Yogilates @ Halley Park (Lynn)<br/><br/>9:00 Tai Chi @ Wilderness Park (Gregg)</div>                                               |
| <div>8</div> <div>6 am Core Barre (Pennie-B)<br/>6:45 Core &amp; Restore (Jen-M)<br/>11:10 Pilates + (Michelle-M)<br/>12:10 pm Core &amp; Restore (Tuula-M)<br/>4:30 Restorative Tai Chi (Gregg-M)<br/>5:30 Core Barre (Karise-B)</div>                                 | <div>9</div> <div>6:00 am Core Barre (Anne-B)<br/>6:45 Pilates Plus (Anne-M)<br/>11:10 Hard Core Abs (Karise-M)<br/>12:10 pm Core Barre Pi-Yo (Tuula M/B)<br/>4:30 Pi-Yo (Melissa M)<br/>5:30 All Level Yoga (Lynn-M)</div>  | <div>10</div> <div>6:00 am Hard Core Abs (Jen-M)<br/>6:45 Restorative Yoga (Tuula-M)<br/>11:10 Pilates Fusion (Michelle-M)<br/>12:10 pm Pilates Plus (Tuula-Halley Park)<br/>5:30 Core Barre (Missy-B)<br/>5:30 SUP BYOB - Mellissa Canyon Lake</div>  | <div>11</div> <div>6:00 Pilates Plus (Anne-M)<br/>6:45 Core Barre (Anne-B)<br/>11:10 Core Barre Pi-Yo (Melissa-M/B)<br/>12:10 pm Pi-Yo (Tuula-M)<br/><div>No practice offerings<br/>afternoon/evening<br/>Leadership team serving @<br/>SUMMER NIGHTS - Judd Hoos</div></div>            | <div>12</div> <div>6 am Core Barre (Pennie -B)<br/>6:45 Pilates Fusion (Tuula-M)<br/>11:10 Pilates Sweat (Michelle-M)<br/>12:10 pm Power Flow Yoga (Tuula-M)<br/>1:10 Restorative Yoga (Kelly-M)</div>                                                                      | <div>13</div> <div>8 am Yogilates @ Halley Park (Lynn)<br/><br/>9:00 Tai Chi @ Wilderness Park (Gregg)<br/><br/>9:30 SUP BYOB @ Canyon Lake (Tuula)</div> |
| <div>15</div> <div>6 am Core Barre (Pennie-B)<br/>6:45 Core &amp; Restore (Jen-M)<br/>11:10 Pilates + (Michelle-M)<br/>12:10 pm Core &amp; Restore (Tuula-M)<br/>4:30 Restorative Tai Chi (Gregg-M)<br/>5:30 Core Barre (Karise-B)</div>                                | <div>16</div> <div>6:00 am Core Barre (Anne-B)<br/>6:45 Pilates Plus (Anne-M)<br/>11:10 Hard Core Abs (Tuula-M)<br/>12:10 pm Core Barre Pi-Yo (Tuula M/B)<br/>4:30 Pi-Yo (Melissa M)<br/>5:30 All Level Yoga (Lynn-M)</div>  | <div>17</div> <div>6:00 am Hard Core Abs (Jen-M)<br/>6:45 Restorative Yoga (Tuula-M)<br/>11:10 Pilates Fusion (Michelle-M)<br/>12:10 pm Pilates Plus (Tuula-Halley Park)<br/>5:30 Core Barre (Missy-B)<br/>5:30 Hiking + Yoga (Tuula &amp; Anne)</div> | <div>18</div> <div>6:00 Pilates Plus (Anne-M)<br/>6:45 Core Barre (Anne-B)<br/>11:10 Core Barre Pi-Yo (Melissa-M/B)<br/>12:10 pm Pi-Yo (Tuula-M)<br/>4:30 Core Barre Pi-Yo (Missy-B)<br/>5:30 Yogilates (Lynn-B)</div>                                                                   | <div>South Dakota Yoga Conference</div> <div>JULY 19 - 21, 2019<br/>DEADWOOD</div> <div>6 am Core Barre (Pennie -B)<br/>6:45 Pilates Fusion (Tuula-M)<br/>11:10 Pilates Sweat (Michelle-M)<br/>12:10 pm Power Flow Yoga (Tuula-M)<br/>1:10 Restorative Yoga (Kelly-M)</div> |                                                                                                                                                           |
| <div>Hiking &amp; Yoga Summer Series → WEDNESDAY JULY 17th @ 5:30 →</div>                                                                                                                                                                                               |                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                             |                                                                                                                                                           |
| <div>22</div> <div>6 am Core Barre (Pennie-B)<br/>6:45 Core &amp; Restore (Jen -M)<br/>11:10 Pilates + (Melissa-M)<br/>12:10 pm Core &amp; Restore (Tuula-M)<br/>4:30 Restorative Tai Chi (Gregg-M)<br/>5:30 Leadership Practice Play<br/>6:30 Leadership meeting</div> | <div>23</div> <div>6:00 am Core Barre (Anne-B)<br/>6:45 Pilates Plus (Anne-M)<br/>11:10 Hard Core Abs (Tuula-M)<br/>12:10 pm Core Barre Pi-Yo (Tuula M/B)<br/>4:30 Pi-Yo (Melissa M)<br/>5:30 All Level Yoga (Lynn-M)</div>  | <div>24</div> <div>6:00 am Hard Core Abs (Jen-M)<br/>6:45 Restorative Yoga (Tuula-M)<br/>11:10 Pilates Fusion (Michelle-M)<br/>12:10 pm Pilates Plus (Tuula-Halley Park)<br/>5:30 Core Barre (Missy-B)<br/>5:30 SUP BYOB - Mellissa Canyon Lake</div>  | <div>25</div> <div>6:00 Pilates Plus (Anne-M)<br/>6:45 Core Barre (Anne-B)<br/>11:10 Core Barre Pi-Yo (Melissa-M/B)<br/>12:10 pm Pi-Yo (Pi-Yo (Tuula-M)<br/><div>No practice offerings<br/>afternoon/evening<br/>Leadership team serving @<br/>SUMMER NIGHTS - Trucker Radio</div></div> | <div>26</div> <div>6 am Core Barre (Pennie-B)<br/>6:45 Pilates Fusion (Tuula-M)<br/>11:10 Pilates Sweat (Michelle-M)<br/>12:10 pm Power Flow Yoga (Tuula-M)<br/>1:10 Restorative Yoga (Kelly-M)</div>                                                                       | <div>27</div> <div>8 am Yogilates @ Halley Park (Lynn)<br/><br/>9:00 Tai Chi @ Wilderness Park (Gregg)<br/><br/>9:30 SUP BYOB @ Canyon Lake (Tuula)</div> |
| <div>29</div> <div>6 am Core Barre (Pennie-B)<br/>6:45 Core &amp; Restore (Jen-M)<br/>11:10 Pilates + (Michelle-M)<br/>12:10 pm Core &amp; Restore (Tuula-M)<br/>4:30 Restorative Tai Chi (Gregg-M)<br/>5:30 Core Barre (Karise-B)</div>                                | <div>30</div> <div>6:00 am Pilates Plus (Anne-M)<br/>6:45 Core Barre (Anne-B)<br/>11:10 Hard Core Abs (Karise-M)<br/>12:10 pm Core Barre Pi-Yo (Tuula M/B)<br/>4:30 Pi-Yo (Melissa M)<br/>5:30 All Level Yoga (Lynn-M)</div> | <div>31</div> <div>6:00 am Hard Core Abs (Jen-M)<br/>6:45 Restorative Yoga (Tuula-M)<br/>11:10 Pilates Fusion (Michelle-M)<br/>12:10 pm Pilates Plus (Tuula-Halley Park)<br/>5:30 Core Barre (Missy-B)</div>                                           | <div>Gather :: Embrace :: Expand</div> <div></div> <div>Come together for the love of yoga.</div>                                                                                                   | <div></div>                                                                                                                                                                            | <div>#Core Summer Challenge</div> <div>(Memorial Day thru Labor Day)</div>                                                                                |

**Core Connections Pilates, Yoga & Barre**  
 815 St. Joseph St., Ste 1 (Lower Level)  
 Rapid City, SD 57701  
 CoreWellnessRC.com



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