

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|--|--|---|--|---|--|
| <b>Hiking &amp; Yoga Summer Series</b><br>3rd Saturday in June, July & August  |  | <b>#Core Summer Challenge</b><br>(Memorial Day thru Labor Day)  |  |   | <b>1</b><br>8 am Yogilates @ Wilson Park (Missy)<br>9:15 <del>MAY-HEM</del> FINALE!  |
| <b>3</b><br>6 am Core Barre (Pennie-B)<br>6:45 Core & Restore (Jen-M)<br>11:10 Pilates + (Michelle-M)<br>12:10 pm Core & Restore (Tuula-M)<br>4:30 Restorative Tai Chi (Gregg-M)<br>5:30 Core Barre (Karise-B)<br>5:30 Step Express (Tuula-M)  | <b>4</b><br>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 Restorative Tia Chi (Gregg-M) | <b>5</b><br>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-M)<br>5:30 Core Barre (Missy-B)   | <b>6</b><br>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 (Tuula-M/B)<br>5:30 Yogilates (Karise-M)       | <b>7</b><br>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)   | <b>8</b><br>8 am Yogilates @ Wilson Park (Kelly)<br>9:15 Tai Chi @ Old Story Book Island (Gregg)<br>9:15 <del>JUNE-JAMI</del>  |
| <b>10</b><br>6 am Core Barre (Pennie-B)<br>6:45 Core & Restore (Jen-M)<br>11:10 Pilates + (Michelle-M)<br>12:10 pm Core & Restore (Tuula-M)<br>4:30 Restorative Tai Chi (Gregg-M)<br>5:30 Core Barre (Karise-B)<br>5:30 Step Express (Tuula-M)   | <b>11</b><br>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 (Kelly-M)     | <b>12</b><br>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-M)                               | <b>13</b><br>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 (Tuula-M/B)<br>5:30 Yogilates (Karise-B)      | <b>14</b><br>6 am Core Barre (Pennie -B)<br>6:45 Pilates Fusion (Tuula-M)<br>11:10 Pilates Sweat (Melissa-M)<br>12:10 pm All Level Yoga (Tuula-M)<br>1:10 Restorative Yoga (Kelly-M)  | <b>15</b><br><b>FATHERS DAY-Sunday</b><br>8 am Yogilates @ Wilson Park (Lynn)<br>9:15 Tai Chi @ Old Story Book Island (Gregg)<br>9:15 <del>JUNE-JAMI</del><br>Hiking & Yoga - Stone Wall |
| <b>17</b><br>6 am Core Barre (Pennie-B)<br>6:45 Core & Restore (Jen -M)<br>11:10 Pilates + (Melissa-M)<br>12:10 pm Core & Restore (Tuula-M)<br>4:30 Restorative Tai Chi (Gregg-M)<br>5:30 Leadership Practice Play - Join us!<br>5:30 Core Barre (Karise-M)<br>6:30 Leadership meeting | <b>18</b><br>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)       | <b>19</b><br>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-M)<br>5:30 Core Barre (Missy-B)  | <b>20</b><br>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>4:30 Core Barre Pi-Yo Tuula-M/B)<br>5:30 Yogilates (Tuula-M) | <b>21</b><br>6 am Core Barre (Anne -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>12:10 Core Barre (Missy-B)<br>1:10 Restorative Yoga (Kelly-M)<br>5:30 Step Express (Missy-M)   | <b>22</b><br>8 am Yogilates @ Wilson Park (Lynn)<br>9:15 <del>JUNE-JAMI</del><br>9:15 Tai Chi @ Old Story Book Island (Gregg)  |
| <b>24</b><br>6 am Core Barre (Anne-B)<br>6:45 Core & Restore (Jen-M)<br>11:10 Pilates + (Michelle-M)<br>12:10 pm Core & Restore (Tuula-M)<br>4:30 Restorative Tai Chi (Gregg-M)<br>5:30 Core Barre (Karise-B)<br>5:30 Step Express (Tuula-M)   | <b>25</b><br>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)      | <b>26</b><br>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-M)<br>5:30 Core Barre (Karise-M) | <b>27</b><br>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 (Tuula-M/B)<br>5:30 Yogilates (Lynn-B)        | <b>28</b><br>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>12:10 Core Barre (Missy-B)<br>1:10 Restorative Yoga (Kelly-M)<br>5:30 Step Express (Missy-M) | <b>29</b><br>7:00 am YOGA @ RED ROCKS<br><b>7:00 Tom Pfeifle 5K</b><br>8 am Yogilates @ Wilson Park (Lynn)<br>9:15 <del>JUNE-JAMI</del><br>9:15 Tai Chi @ Old Story Book Island (Gregg)  |

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