

*E-Barre Studio  
M-Mat Studio*

# October 2019

Reserve your mat &/or barre space today @



| Monday                                                                                                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                            | Friday                                                                                                                                                                                                                 | Saturday                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                                   | <b>1</b><br><br>6:00 am Pi-Yo (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 (Melissa-M)<br>4:30 Pi-Yo (Missy-M)<br>5:30 All Level Yoga (Lynn-M)      | <b>2</b><br><br>6:00 am Hard Core Abs (Jen-M)<br>6:45 Restorative Tia Chi (Gregg-M)<br>11:10 Pilates Fusion (Michelle-M)<br>12:10 pm Pilates Plus (Melissa-M)<br>1:10 Warm Yin Yoga (Kelly-B) | <b>3</b><br><br>6:00 Pi-Yo (Anne-M)<br>6:45 Core Barre (Anne-B)<br>11:10 Core Barre Pi-Yo (Michelle-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)<br>5:30 Fall Fit Camp (Tuula, Jen & Lori)<br>Workout Assessments & Pound Rockout | <b>4</b><br><br>6 am Core Barre (Jen -B)<br>6:45 Pilates Fusion (Tuula-M)<br>11:10 Pilates Sweat (Karise-M)<br>12:10 pm Power Flow Yoga (Tuula-M)<br>1:10 Restorative Yoga (Kelly-M)<br>5:30 Core Barre (Missy-B)      | <b>5</b><br><br>8 am All Level Yoga<br>(Lynn-Mat studio)<br><br>9:15 FIT CAMP-Kettlebells<br>(Tuula & Lynn)                                                                                                   |
| <b>7</b><br><br>6 am Core Barre (Pennie-B)<br>6:45 Core & Restore (Jen-M)<br>11:10 Pilates Fusion (Michelle-M)<br>12:10 pm Core & Restore (Tuula-M)<br>4:30 Restorative Tai Chi (Gregg-M)<br>5:30 Core Barre (Missy-B)<br>5:30 FIT CAMP-CORE BARRE FUSION<br>(Tuula & Karise)                                     | <b>8</b><br><br>6:00 am Pi-Yo (Jen-B)<br>6:45 Pilates Plus (Tuula-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)    | <b>9</b><br><br>6:00 am Hard Core Abs (Jen-M)<br>6:45 Restorative Yoga (Tuula-M)<br>11:10 Pilates Fusion (Melissa-M)<br>12:10 pm Pilates Plus (Tuula-M)<br>1:10 Warm Yin Yoga (Tuula-B)       | <b>10</b><br><br>6:00 Pi-Yo (Jen-M)<br>6:45 Core Barre (Tuula-B)<br>11:10 Core Barre Pi-Yo (Michelle-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)                                                                                 | <b>11</b><br><br>6 am Core Barre (Pennie-B)<br>6:45 Pilates Fusion (Tuula-M)<br>11:10 Pilates Sweat (Karise-M)<br>12:10 pm Power Flow Yoga (Tuula-M)<br>1:10 Restorative Yoga (Kelly-M)<br>5:30 Core Barre (Missy-B)   | <b>12</b><br><br>8 am All Level Yoga<br>(Lynn-Mat studio)<br><br>9:15 Warm yin with Lynn<br>9:15 FIT CAMP PI-YO<br>(Tuula-M)                                                                                  |
| <b>14 COLUMBUS DAY</b><br><br>6 am Core Barre (Pennie-B)<br>6:45 Core & Restore (Jen-M)<br>11:10 Pilates Fusion (Michelle-M)<br>12:10 pm Core & Restore (Tuula-M)<br>4:30 Restorative Tai Chi (Gregg-M)<br>5:30 Core Barre (Michelle-B)<br>5:30 FIT CAMP-STEP EXPRESS<br>(Tuula & Missy)                          | <b>15</b><br><br>6:00 am Pi-Yo (Anne-B)<br>6:45 Pilates Plus (Anne-M)<br>11:10 Hard Core Abs (Michelle-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>16</b><br><br>6:00 am Hard Core Abs (Jen-M)<br>6:45 Restorative Yoga (Tuula-M)<br>11:10 Pilates Fusion (Melissa-M)<br>12:10 pm Pilates Plus (Tuula-M)<br>1:10 Warm Yin Yoga (Tuula-B)      | <b>17</b><br><br>6:00 Pi-Yo (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)                                                                                  | <b>18</b><br><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 Power Flow Yoga (Tuula-M)<br>1:10 Restorative Yoga (Kelly-M)<br>5:30 Core Barre (Missy-B) | <b>19</b><br><br>8 am All Level Yoga<br>(Lynn-Mat studio)<br>9:15 Warm Yin<br>(Tuula-B)<br>9:15 FIT CAMP Pilates Sweat<br>(Michelle-M)<br><br>10:00 - Pilates 101-The Basic's<br>10:00 - Core Kids/Youth Yoga |
| <b>21</b><br><br>6 am Core Barre (Pennie-B)<br>6:45 Core & Restore (Jen-M)<br>11:10 Pilates Fusion (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 FALL FIT CAMP - POWER FLOW<br>(Tuula & Lynn)<br>6:30 Leadership Meeting-Pisano's | <b>22</b><br><br>6:00 am Pi-Yo (Anne-B)<br>6:45 Pilates Plus (Anne-M)<br>11:10 Hard Core Abs (Michelle-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>23</b><br><br>6:00 am Hard Core Abs (Jen-M)<br>6:45 Restorative Yoga (Tuula-M)<br>11:10 Pilates Fusion (Melissa-M)<br>12:10 pm Pilates Plus (Tuula-M)<br>1:10 Warm Yin Yoga (Tuula-B)      | <b>24</b><br><br>6:00 Pi-Yo (Jen-M)<br>6:45 Core Barre (Tuula-B)<br>11:10 Core Barre Pi-Yo (Michelle-MB)<br>12:10 pm Pi-Yo (Tuula-M)<br>4:30 Core Barre Pi-Yo (Tuula-B)<br>5:30 Yogilates (Lynn-B)                                                                                  | <b>25</b><br><br>6 am Core Barre (Tuula-B)<br>6:45 Pilates Fusion (Tuula-M)<br>11:10 Pilates Sweat (Melissa-M)<br>12:10 pm Power Flow Yoga (Tuula-M)<br>1:10 Restorative Yoga (Kelly-M)<br>5:30 Core Barre (Karise-B)  | <b>26</b><br><br>8 am All Level Yoga<br>(Lynn-Mat studio)<br>9:15 Core Barre<br>(Tammy-B)<br><br>9:15 FIT CAMP Pound Rockout<br>Workout (Lori, Jen & Tuula-B)                                                 |
| <b>28</b><br><br>6 am Core Barre (Pennie-B)<br>6:45 Core & Restore (Jen-M)<br>11:10 Pilates Fusion (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 FALL FIT CAMP-STEP EXPRESS<br>(Tuula & Melissa-M)                                | <b>29</b><br><br>6:00 am Pi-Yo (Anne-B)<br>6:45 Pilates Plus (Anne-M)<br>11:10 Hard Core Abs (Michelle-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>30</b><br><br>6:00 am Hard Core Abs (Jen-M)<br>6:45 Restorative Yoga (Tuula-M)<br>11:10 Pilates Fusion (Melissa-M)<br>12:10 pm Pilates Plus (Tuula-M)<br>1:10 Warm Yin Yoga (Tuula-B)      | <b>31 HALLOWEEN</b><br>*COSTUMES ENCOURAGED<br><br>6:00 Pi-Yo (Jen-M)<br>6:45 Core Barre (Tuula-B)<br>11:10 Core Barre Pi-Yo (Michelle-M/B)<br>12:10 pm Pi-Yo (Tuula-M)<br>4:30 Core Barre Pi-Yo (Tuula-B)<br>5:30 SPOOKtacular Yoga (Lynn-B)                                       |                                                                                                                                                                                                                        |                                                                                                                                                                                                               |

**Breast Cancer Awareness Month - Fill our JUGS**

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



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