



August 2018

Reserve your mat &/or barre space today @



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>CL - Canyon Lake</i> <i>SBI - Story Book Island</i>	 <i>Core Summer Challenge</i>	1 6:00 am Hard Core Abs (Jen-M) 6:45 Slow Flow Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Melissa-M) 12:10 pm Pilates + (Tuula-M) 1:00-1:30 Roll & Restore (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	2 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Tuula-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Jen-M) 5:30 Pilates/Barre (Lynn-B)	3 6 am Core Barre (Pennie -B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Emily-M) 12:10 pm Power Flow Yoga (Karise-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M)	4 8:00 - 9:00 am Yogilates (Lynn - CL) 9:00 - 9:45 QiGong (Gregg - SBI) 9:15 - 10:00 Pilates + (Anne - M)
6 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Tuula-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Missy-B)	7 6:00 am Core Barre Plus (Anne-B) 6:45 Restorative Yoga (Anne-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre (Tuula-B) 12:10 Pi-Yo (Melissa -M) 5:30 All Level Yoga (Lynn-M)	8 6:00 am Hard Core Abs (Anne-M) 6:45 Slow Flow Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + (Tuula-M) 1:00-1:30 Roll & Restore (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Karise-B)	9 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Tuula-M) 5:30 Pilates/Barre (Lynn-B)	10 6 am Core Barre (Penne -B) 6:45 Pilates + Weights (Anne-M) 11:10 Pilates + (Emily-M) 12:10 pm Power Flow Yoga (Tuula-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M)	11 8:00 - 9:00 am Yogilates (Lynn - CL) 9:00 - 9:45 QiGong (Gregg - SBI) 9:15 - 10:00 Core Barre (Missy - B)
13 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Missy-B)	14 6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre (Tuula-B) 12:10 Pi-Yo (Melissa-M) 5:30 All Level Yoga (Lynn-M)	15 6:00 am Hard Core Abs (Jen-M) 6:45 Slow Flow Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + (Tuula-M) 1:00-1:30 Roll & Restore (Tuula-M) 5:15 Step & Strength (Missy-M) 5:30 SUP BYOB (Tuula - CL)	16 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Michelle-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Jen-M) 5:30 Pilates/Barre (Lynn-B)	17 6 am Core Barre (Pennie -B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Tuula-M) 12:10 pm Power Flow Yoga (Tuula-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M)	18 8:00 - 9:00 am Yogilates (Lynn & Tuula - CL) 9:00 - 9:45 QiGong (Gregg - SBI) 9:15 - 10:00 Pilates Fusion (Tuula-M)
<i>10/20/30 2018 Challenge</i>					
20 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B) 6:30 Leadership meeting (Kelly's Casa)	21 6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre (Tuula-B) 12:10 Pi-Yo (Melissa-M) 5:30 All Level Yoga (Lynn-M)	22 6:00 am Hard Core Abs (Jen-M) 6:45 Slow Flow Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + (Tuula-M) 1:00-1:30 Roll & Restore (Tuula-M) 5:15 Step & Strength (Emily-M)	23 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Karise-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Jen-M)	24 6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Anne-M) 11:10 Pilates + (Emily-M) 12:10 pm Power Flow Yoga (Melissa-M) 12:10 Core Barre (Karise-B) 1:10 Restorative Yoga (Kelly-M)	25 8:00 - 9:00 am Yogilates (Lynn - CL) 9:00 - 9:45 QiGong (Gregg - SBI) 9:15 - 10:00 Pi-Yo (Karise - M)
27 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Emily-M) 5:30 Core Barre (Karise-B)	28 6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre (Missy-B) 12:10 Pi-Yo (Melissa-M) 5:30 All Level Yoga (Lynn-M)	29 6:00 am Hard Core Abs (Jen-M) 6:45 Slow Flow Restorative Yoga (Anne-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + (Missy-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	30 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Michelle-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Jen-M) 5:30 Pilates/Barre (Lynn-B)	31 6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Jen-M) 11:10 Pilates + (Emily-M) 12:10 pm Power Flow Yoga (Melissa-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M)	9/1 LABOR DAY WEEKEND STUDIO CLOSED *STRIKE A POSE* #CoreSummerChallenge

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



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