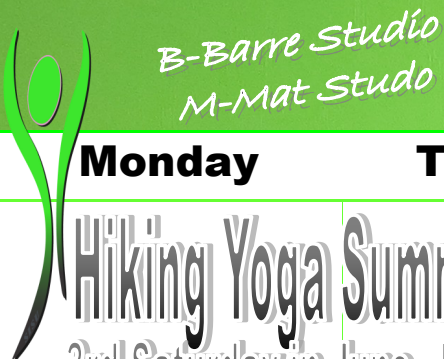




B-Barre Studio
M-Mat Studio

May 2019

Reserve your mat &/or barre space today @



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hiking Yoga Summer Series 3rd Saturday in June, July & August		1 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 5:30 Core Barre (Missy-B)	2 6:00 Pilates Plus (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo (Tuula-M/B) 5:30 Yogilates (Lynn-B)	3 6 am Core Barre (Pennie -B) 6:45 Pilates Fusion (Tuula-M) 11:10 Pilates Sweat (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M)	4 MAY-Hem RESET 8 am MAY-Hem RESET *Pound RockOut Workout (Jen & Tuula) NATIONAL PILATES DAY 9:00 - Basic Pilates with Karise 9:45 - Pilates + Rings with Melissa 10:30 - Pilates + Balls with Tuula 11:15 - Pilates + Bands with Anne
6 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Core Barre (Karise-B) 5:30 Step Express (Tuula-M)	7 6:00 am Core Barre (Anne-B) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Tuula-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Melissa M) 5:30 All Level Yoga (Lynn-M)	8 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 5:30 Core Barre (Missy-B)	9 6:00 Pilates Plus (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo (Tuula-M/B) 5:30 Yogilates (Lynn-B)	10 6 am Core Barre (Pennie -B) 6:45 Pilates Fusion (Tuula-M) 11:10 Pilates Sweat (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M) 5:30 Step Express (Missy-M)	11 8 am MAY-Hem RESET *Kettlebells (Michelle & Tuula) 8:00 - 9:00 am All Level Yoga @ Wilson Park Lynn 9:15 - 10:00 Core Barre (Missy - M)
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) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Core Barre (Karise-B) 5:30 Step Express (Tuula-M)	14 6:00 am Core Barre (Anne-B) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Tuula-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Melissa M) 5:30 All Level Yoga (Lynn-M)	15 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 5:30 Core Barre (Missy-B)	16 6:00 Pilates Plus (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo (Tuula-M/B) 5:30 Yogilates (Lynn-B)	17 6 am Core Barre (Pennie -B) 6:45 Pilates Fusion (Tuula-M) 11:10 Pilates Sweat (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M) 5:30 Step Express (Missy-M)	18 8 am MAY-Hem RESET *Step Express (Lynn & Tuula) 8:00 - 9:00 am All Level Yoga @ Wilson Park Kelly 9:15 - 10:00 Pi-Yo (Karise-M) 9-11 doTERRA Living
20 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Melissa-M) 12:10 pm Core & Restore (Melissa-M) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Leadership Practice Play - Join us! 5:30 Core Barre (Karise-M) 6:30 Leadership meeting	21 6:00 am Core Barre (Anne-B) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Tuula-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Melissa M) 5:30 All Level Yoga (Karise-M)	22 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 5:30 Core Barre (Missy-B)	23 6:00 Pilates Plus (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo Tuula-M/B) 5:30 Yogilates (Tuula-M)	24 6 am Core Barre (Pennie -B) 6:45 Pilates Fusion (Tuula-M) 11:10 Pilates Sweat (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M) 5:30 - NO practice option	25 MEMORIAL DAY WEEKEND Studio closed STRIKE A POSE #CoreSummerChallenge
27 MEMORIAL DAY Studio closed STRIKE A POSE #CoreSummerChallenge	28 6:00 am Pilates Plus (Michelle-M) 6:45 Core Barre (Tuula-B) 11:10 Hard Core Abs (Tuula-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Melissa M) 5:30 All Level Yoga (Lynn-M)	29 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 5:30 Core Barre (Missy-B)	30 6:00 Pilates Plus (Michelle-M) 6:45 Core Barre (Tuula-B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo (Tuula-M/B) 5:30 Yogilates (Lynn-B)	31 6 am Core Barre (Pennie -B) 6:45 Pilates Fusion (Tuula-M) 11:10 Pilates Sweat (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M) 5:30 Step Express (Missy-M)	June 1st 8 am MAY-Hem RESET FINALE ALL OUT/Combo of 3

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!