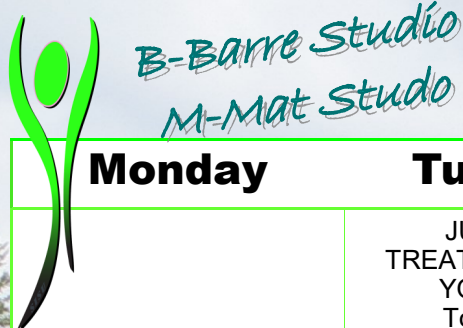




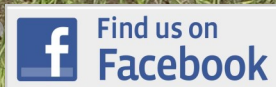
June 2018

Reserve your mat &/or barre space today @



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	JUNE 16th TREAT THE MEN IN YOUR LIFE To a happy Happy Father's Day on the mat! Invite them to Yogilates or Pilates		CL - Canyon Lake SBI - Story Book Island	1 6 am Core Barre (Pennie -B) 6:45 Pilates + Weights (Tuula-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)	2 8:00 - 9:00 am Yogilates (Lynn & Tuula-CL) 9:00 - 9:45 QiGong (Gregg - SBI) 9:15 - 10:00 FFS Fit Camp 9:15 - 10:00 Pi-Yo (Melissa - M)
4 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 (Anne-B) 5:30 FFS Fit Camp (Tuula) *7 pm Holy Yoga (Lynn) 1st Monday of each month	5 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)	6 6:00 am Hard Core Abs (Anne-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + Weights (Tuula-M) 1:10 pm Roll & Restore (Tuula-M) 5:15 Step & Strength (Emily-M) 6 am Core Barre (Pennie-B)	7 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 (Jen-M) 5:30 Pilates/Barre (Lynn-B) 5:30 Pound Rockout Workout (Jen-M)	8 6 am Core Barre (Penne -B) 6:45 Pilates + Weights (Tuula-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)	9 8:00 - 9:00 am Yogilates (Lynn -CL) 8 am SUP-BYOB (Tuula-CL) 9:15 - 10:00 FFS Fit Camp 9:15 - 10:00 Pilates + Kettlebells Lynn-M)
11 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Emily-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Lynn-B) 5:30 FFS Fit Camp (Tuula)	12 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)	13 6:00 am Hard Core Abs (Anne-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Melissa-M) 12:10 pm Pilates + Weights (Tuula-M) 1:10 pm Roll & Restore (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	14 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 (Jen-M) 5:30 Pilates/Barre (Lynn-B)	15 6 am Core Barre (Pennie -B) 6:45 Pilates + Weights (Tuula-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)	16 FATHERS DAY WEEKEND 8:00 - 9:00 am Yogilates (Lynn & Tuula-CL) 9:15 - 10:00 FFS Fit Camp 9:15 - 10:00 Pilates + Weights (Anne-M)
18 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 (Anne-B) 5:30 FFS Fit Camp (Tuula) 6:30 Leadership meeting	19 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)	20 6:00 am Hard Core Abs (Anne-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + Weights (Tuula-M) 1:10 pm Roll & Release (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	21 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 (Jen-M) 5:30 Pilates/Barre (Lynn-B))	22 6 am Core Barre (Tuula -B) 6:45 Pilates + Weights (Tuula-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)	23 8:00 - 9:00 am Yogilates (Lynn-CL) 8:00 am SUP-BYOB (Tuula-CL) 9:00 - 9:45 QiGong (Gregg - SBI) 9:15 - 10:00 Pound Rockout Workout (Jen-M)
25 6 am Core Barre (Anne-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Emily-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Lynn-B) 5:30 FFS Fit Camp (Tuula)	26 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)	27 6:00 am Hard Core Abs (Anne-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + Weights (Tuula-M) 1:10 pm Roll & Release (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	28 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 (Jen-M) 5:30 Pilates/Barre Basics (Lynn-B)	29 6 am Core Barre (Pennie -B) 6:45 Pilates + Weights (Tuula-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)	30 8:00 - 9:00 am Yogilates (Lynn -- CL) 9:00 - 9:45 QiGong (Gregg - SBI) FFS Fit Camp Last Hu-RAH Tom Pfeifle 5k Walk/Run

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



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