

B-Barre Studio  
M-Mat Studio

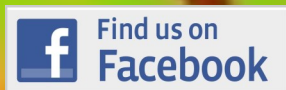
# December 2018

Reserve your mat &/or barre space today @



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BALANCED BODIES THRU THE HOLIDAYS</b> 11/19/18 thru 1/1/19		<b>NEW YEAR-NEW YOU Mind/Body Breakthrough</b> <b>12 Week FIT CAMP</b>		<b>HOLY YOGA 4 WEEK WORKSHOP</b> <b>January 2019</b> <b>1/5, 1/12, 1/19, 1/26</b> <b>10 am</b>	<b>1</b>  8:00 - 9:00 am All Level Yoga (Lynn-M)  9:15 - 10:00 Core Barre (Pennie-B)
<b>3</b>  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)	<b>4</b>  6:00 am Core Barre + (Anne-B) 6:45 Tai Chi (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula) 12:10 Pi-Yo (Melissa) 5:30 All Level Yoga (Lynn-M)	<b>5</b>  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) 1:52 Open Savasana (Tuula-M) 5:15 Step & Strength (Emily-M)	<b>6</b>  6:00 Pilates + (Jen-M) 6:45 Core Barre (Tuula-B) 11:10 Hard Core Abs (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 5:30 Yogilates (Lynn-B)	<b>7</b>  6 am Core Barre (Penne -B) 6:45 Pilates Fusion (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)	<b>8</b>  8:00 - 9:00 am All Level Yoga (Tuula-M)  9:15 - 10:00 Pi-Yo (Melissa-M)
<b>10</b>  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)	<b>11</b>  6:00 am Core Barre + (Anne-B) 6:45 Tai Chi (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre & Pi-Yo (Tuula) 5:30 All Level Yoga (Lynn-M)	<b>12</b>  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) 1:52 Open Savasana (Tuula-M) 5:15 Core Barre (Missy-M)	<b>13</b>  6:00 Pilates + (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Hard Core Abs (Emily-M) 12:10 pm Core Barre & Pi-Yo (Tuula) 5:30 Yogilates (Lynn-B)	<b>14</b>  6 am Core Barre (Pennie-B) 6:45 Pilates Fusion (Anne-B) 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) 5:30 Cardio Blast (Missy-M)	<b>15</b>  8:00 - 9:00 am All Level Yoga (Lynn-M)  9:15 - 10:00 Core Barre Fusion (Karise-B)
<b>17</b>  6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Melissa-M) 5:30 Core Barre (Karise-B) 6:30 Leadership meeting	<b>18</b>  6:00 am Core Barre + (Anne-B) 6:45 Tai Chi (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula) 12:10 Pi-Yo (Melissa) 5:30 All Level Yoga (Lynn-M)	<b>19</b>  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) 1:52 Open Savasana (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	<b>20</b>  6:00 Pilates + (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Hard Core Abs (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 5:30 Yogilates (Lynn-B)	<b>21</b>  6 am Core Barre (Pennie-B) 6:45 Pilates Fusion (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) 5:30 Cardio Blast (Missy-M)	<b>22</b>  8:00 - 9:00 am Christmas Holy Yoga (Lynn-M)  9:15 - 10:00 Pilates Plus (Tuula-M)
<b>24</b> Christmas Eve <b>31</b> New Year's Eve  <b>STUDIO CLOSED</b>	<b>25</b> Christmas Day <b>1/1</b> New Year's Day  <b>STUDIO CLOSED</b>	<b>26</b>  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) 1:52 Open Savasana (Tuula-M) 5:30 Core Barre (Missy-B)	<b>27</b>  6:00 Pilates + (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Hard Core Abs (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 5:30 Yogilates (Lynn-B)	<b>28</b>  6 am Core Barre (Pennie-B) 6:45 Pilates Fusion (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) 5:30 Cardio Blast (Missy-M)	<b>29</b>  8:00 - 9:00 am All Level Yoga (Lynn-M) 9:00 am <b>New Year-New You Mind/Body Breakthrough</b> <b>Individual times TBD</b> 9:15 - 10:00 Tai-Chi (Gregg-B)

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



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