



July 2017

Total Body Fitness

Instructor: Selina Uglow, LPN, CPT
 Any level, any ability. Clean, dry shoes & water required. Group & Private.
 Call 814.450.6841 for details

Joyous Spirit Yoga

Instructor: Valerie Baltzer, RYT200
 Any level, any ability. Mat & water required. Call 814.881.4612 for details or Anxiety/Depression Registration

Vinyasa Power Yoga

Instructor: Karissa Taylor, RN
 Any level, any ability. Mat & water required. Group & Private.
 Call 248-217-9721 for details

Mind Over Mat Pilates

Instructor: Therese Toth
 Any level, any ability. Mat & water required. Group & Private. Call 814.450.0301 for details.

Zumba with Jessica

Instructor: Jessica Reiger
 Any level, any ability. Clean, dry shoes & water required. Call 814.790.0267

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Yoga 10:00a TBF 4:30 & 5:30p Pilates 6:30p	4 Happy FOURTH of July!	5 Pilates 8:00a SAFEClass 9:00 TBF 4:30 & 5:30p	6 Yoga 10:00a	7 Vinyasa Power Yoga 9:30a	8 Zumba 9:30a	9
10 Yoga 10:00a TBF 4:30 & 5:30p Pilates 6:30p	11	12 Pilates 8:00a TBF 4:30 & 5:30p	13 Yoga 10:00a	14 Vinyasa Power Yoga 9:30a	15 Zumba 9:30a	16
17 Yoga 10:00a TBF 4:30 & 5:30p Pilates 6:30p	18	19 Pilates 8:00a TBF 4:30 & 5:30p	20 Yoga 10:00a	21 Vinyasa Power Yoga 9:30a	22 Zumba 9:30a	23
24 Yoga 10:00a TBF 4:30 & 5:30p Pilates 6:30p	25	26 Pilates 8:00a NO TBF TODAY	27 Yoga 10:00a	28 Vinyasa Power Yoga 9:30a	29 Zumba 9:30a	30
31 Yoga 10:00a TBF 4:30 & 5:30p Pilates 6:30p	1	2 Pilates 8:00a TBF 4:30 & 5:30p	3 Yoga 10:00a	4 Vinyasa Power Yoga 9:30a	5 Zumba 9:30a	6