



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

June 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 NO CLASSES HOLIDAY	30	31 Pilates 8:00a TBF 4:30 & 5:30p	1 Yoga 10:00a	2 Vinyasa Power Yoga 9:30a	3 Zumba 9:30a	4
5 Yoga 10:00a TBF 4:30 & 5:30p Pilates 6:30p	6	7 Pilates 8:00a SAFE CLASS 9:00 TBF 4:30 & 5:30p	8 Yoga 10:00a	9 Vinyasa Power Yoga 9:30a	10 Zumba 9:30a	11
12 Yoga 10:00a TBF 4:30 & 5:30p Pilates 6:30p	13	14 Pilates 8:00a SAFE CLASS 9:00 TBF 4:30 & 5:30p	15 Yoga 10:00a	16 Vinyasa Power Yoga 9:30a	17 Zumba 9:30a	18
19 Yoga 10:00a TBF 4:30 & 5:30p Pilates 6:30p	20	21 Pilates 8:00a SAFE CLASS 9:00 TBF 4:30 & 5:30p	22 Yoga 10:00a	23 Vinyasa Power Yoga 9:30a	24 NO ZUMBA TODAY	25
26 Yoga 10:00a TBF 4:30 & 5:30p Pilates 6:30p	27	28 Pilates 8:00a SAFE CLASS 9:00 TBF 4:30 & 5:30p	29 Yoga 10:00a	30 NO YOGA TODAY – Move Anyway	1 Zumba 9:30a	2