



**First class is complimentary!
Come and try all that is
offered in the Yurt by
contacting the instructor
today**

Total Body Fitness

Instructor: Selina Uglow, LPN, CPT
Call 814.450.6841 for details

Joyous Spirit Yoga

Instructor: Valerie Baltzer, RYT200
required. Call 814.881.4612

BeYOUtiful Balance Yoga w/Karissa

Instructor: Karissa Taylor, RN
Call 248-217-9721 for details

Mind Over Mat Pilates

Instructor: Therese Toth
Private only Call 814.450.0301

Zumba with Jessica

Instructor: Jessica Reiger
Call 814.790.0267

**STAY TUNED FOR MORE
YOGA, Reiki and Meditation
Classes to come in October of
2017!**

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p		1 TBF 4:30 & 5:30p	2 Joyous Spirit Yoga 10:00a Fall Yoga 5:30	3 BeYOUtiful Balance Yoga 9:30a	4 Zumba 9:30a	5
6 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p	7	8 TBF 4:30 & 5:30p	9 Joyous Spirit Yoga 10:00a Fall Yoga 5:30	10 BeYOUtiful Balance Yoga 9:30a	11 SAMPLER SATURDAY 10a.m. – 1p.m.	12
13 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p	14	15 TBF 4:30 & 5:30p	16 Joyous Spirit Yoga 10:00a Fall Yoga 5:30	17 BeYOUtiful Balance Yoga 9:30a	18 Zumba 9:30a	19
20 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p	21	22 TBF 4:30 & 5:30p	23 HAPPY THANKSGIVING!	24 HAPPY DAY OF GRATITUDE!	25	26
27 Joyous Spirit Yoga 10:00a NO TBF TODAY	28	29 TBF 4:30 & 5:30p	30 Joyous Spirit Yoga 10:00a Fall Yoga 5:30	DECEMBER 1 BeYOUtiful Balance Yoga 9:30a	2	3