



**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!**

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p	3	4 TBF 4:30 & 5:15p *note time	5 Joyous Spirit Yoga 10:00a Fall Yoga 5:30	6	7 Zumba 9:30a	8
9 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p	10	11 TBF 4:30 & 5:30p	12 Joyous Spirit Yoga 10:00a Fall Yoga 5:30	13 BeYOUtiful Balance Yoga 9:30a	14 SAMPLER SATURDAY 10a.m. – 1p.m.	15
16 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p	17	18 TBF 4:30 & 5:30p	19 Joyous Spirit Yoga 10:00a Fall Yoga 5:30	20	21 Zumba 9:30a	22
23 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p	24	25 TBF 4:30 & 5:30p	26 Joyous Spirit Yoga 10:00a Fall Yoga 5:30	27 BeYOUtiful Balance Yoga 9:30a	28 Zumba 9:30a	29
30 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p	31	November 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