



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

Beoutiful 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

Sound Healing w/Jessica

Instructor: Jessica Frombach
Call 814.403.1481

Yoga with Bridget

Instructor: Bridget Allen
Call 814.397.5496

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 1:30p Sound Healing w/Jessica 3:00p	5 Yoga w/Bridget 9:30a
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 Zumba 9:30 Sound Healing w/Jessica 3:00p	12 Yoga w/Bridget 9:30a
13 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p	14	15 TBF 4:30 & 5:30p Yoga w/Bridget	16 Joyous Spirit Yoga 10:00a Fall Yoga 5:30	17 BeYOUtiful Balance Yoga 9:30a	18 Sound Healing w/Jessica 3:00p	19 Yoga w/Bridget 9:30a
20 Joyous Spirit Yoga 10:00a TBF 4:30 & 5:30p	21	22 TBF 4:30 & 5:30p Yoga w/Bridget	23 HAPPY THANKSGIVING!	24 HAPPY DAY OF GRATITUDE!	25 Sound Healingw/Jessica 3:00p	26 Yoga w/Bridget 9:30a
27 Joyous Spirit Yoga 10:00a NO TBF TODAY	28	29 TBF 4:30 & 5:30p Yoga w/Bridget	30 Joyous Spirit Yoga 10:00a Fall Yoga 5:30	1 DECEMBER BeYOUtiful Balance Yoga 9:30a	2 Sound Healing w/Jessica 3:00p	3 Yoga w/Bridget 9:30a