

The Studio

at Good Bodies



Mind & Body Classes

Mon	Tues	Wed	Thurs	Fri	Sat
Pilates 9:15am Constance		Yoga 9:15am Constance			Yoga 9:15am Constance
	TRX Cardio Circuit 5:30pm Mindy (Group Room)				Muscle Madness 10:45am Mindy (Group Room)
	Yoga 6-7:15pm Angela	MELT Method 6-7pm Mary	Gentle Yoga 6-7:15pm Constance		

Please see class descriptions on the reverse side of this sheet.

Class Fees:

Single Class \$15

*Ten Class Pass \$130

**Twenty Class Pass \$200

*Ten Class pass expires 90 days after purchase.

**Twenty class pass expires after 6 months.

Your first class is always complimentary!

To insure your space in a class, please register online at www.mindbodyonline.com



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