



September

Studio Closed 4th & 5th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Tower 9:00 Beth	Alignment Yoga 8:00 Patricia	Vinyasa Yoga 9:00 Liz	Vinyasa Yoga 8:00 Liz	Vinyasa Yoga 9:00 Natasha (begins 9/16)	Ashtanga Yoga 7:30 Alex (begins 9/17)	Pilates Tower 9:00 Susan
Vinyasa Yoga 9:30 Shannon	Vinyasa Yoga 9:30 Pam (begins 9/13)	Pilates Circuit 9:00 Susan/Debi	Pilates Tower 9:00 Debi	Pilates Tower 10:00 Beth	Vinyasa Yoga 8:30 Pam 9/3 – 9/10	Yoga Basics 10:00 Pam
Pilates Tower 10:00 Beth	Pilates Tower 10:00 Susan	Pilates Tower 10:00 Debi	Alignment Restorative Yoga 9:30 Patricia	Nia*** 10:30 Denise (free class 9/23)	Vinyasa Yoga 8:45 Pam (begins 9/17)	
	Meditation 10:45 Pam	Hatha Yoga 10:30 Julie	Pilates Tower 10:00 Debi	Pilates Tower Basics 11:00 Susan (begins 9/16)	Pilates Tower 9:00 Susan	
Mat Pilates** 6:00pm Debi (begins 9/12)	Pilates Tower Basics 11:00 Susan	Mat Pilates** 6:00pm Beth (begins 9/14)	Pilates TRX 11:00 Debi		Alignment Yoga 10:00 Patricia	
Pilates Circuit 7:00pm Debi	Vinyasa Yoga 7:00pm Pam	Pilates Tower 7:00pm Beth			Pilates Tower 10:00 Susan (begins 9/17)	
		Yoga Basics 7:00pm Pam				

Pilates Intro To Tower Package or prior Tower experience is prerequisite for joining Tower classes

Pricing: Yoga

\$20 drop in, \$175 10 classes*
*3 month expiration, add'l packages available

Pilates Equipment Classes

Tower: \$30 drop in, \$275 10 classes*
Circuit: \$35 drop in

**Fall Pilates Mat: 9/12- 11/2, please register or \$20 drop in

***Nia Session: starts 9/23 with free class. Session runs 9/30-10/28, please register or \$20 drop in

www.lotusmindandbodystudio.com
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