

# Body & Soul of Kansas City, LLC

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[www.bodyandsoulkc.com](http://www.bodyandsoulkc.com)

## June-August, 2017 Class Schedule

### Yoga I

Can't touch your toes? Afraid you may fall over? This class is for you. This class is also for those physically fit looking to soothe the mind, revitalize the body and energize the spirit! Lean the basic yoga postures and breathing techniques here.

#### **Monday Evenings\***

5:30-6:45pm

June 26 to August 21

#### **Wednesday mornings**

9:00-10:15am

June 28 to August 23

#### **Wednesday Evenings**

6:30pm to 7:45pm

June 28 to August 23

#### **Friday Mornings**

9:00am to 10:15am

June 30 to August 25

#### **Saturday Mornings**

9:00am to 10:15am

July 1 to August 26

### Yoga II

You're not quite doing handstands, but you got downward dog down! In addition to learning more advanced poses, continue to develop strength, mobility and balance in this class.

#### **Monday Evenings\***

6:45pm to 8:00pm

June 26 to August 21

### Yoga III

You ready to give that handstand a try? Good, because here it comes! Join this small supportive group of Body & Soul vets with this strength focused and almost aerobic work out.

#### **Saturday Mornings**

10:15am to 11:45am

July 1 to August 26

### Awareness Through Movement®

THE FELDENKRAIS METHOD

Slow, repetitive movements done primarily lying down. These classes will heighten your awareness of your body, restore full range of motion, and improve breathing and posture.

#### **Monday Mornings**

9:00am to 10:00am

June 26 to August 21

#### **Wednesday Evenings**

5:30pm to 6:30pm

June 28 to August 23

### NIA

Take off your shoes and move your body in this class! It's a non-impact cardio workout with easy-to-follow routines done to fun and inspiring music! Come get your groove on!

#### **Tuesday Evenings\***

5:45pm to 6:45pm

June 27 to August 22

**NIA is an 8 week session. No class on July 4.**

### Fitness Fusion

This class combines Pilates, Barre method, low impact cardio and more for a complete and challenging workout. We have some fun in this class!

#### **Thursday Evenings**

6:30 to 7:30

June 29 to August 24

### **Pricing**

9 week series-\$135 (NIA- \$120)

\$235 for 2 classes per week/Unlimited \$245

\$18 for a single class

Please note this is a 9 week series.