

Body & Soul of Kansas City, LLC

649 East 59th Street, Kansas City, MO 64110

816-363-8282

www.bodyandsoulkc.com

February-April 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

February 26 to April 23

Wednesday mornings

9:00-10:15am

February 28 to April 25

Wednesday Evenings

6:30pm to 7:45pm

February 28 to April 25

Friday Mornings

9:00am to 10:15am

March 2 to April 27

Saturday Mornings

9:00am to 10:15am

March 3 to April 28

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 Evening

6:45pm to 8:00pm

February 26 to April 23

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

March 3 to April 28

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

February 26 to April 23

Wednesday Evenings*

5:30pm to 6:30pm

February 28 to April 25

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

March 1 to April 26

Pricing

8 week series \$120/ 7 week series \$105

\$215 for 2 classes per week/Unlimited \$230

\$18 for a single class

****PLEASE NOTE ****

The studio is closed from March 19 through March 25. Any class with an * will not meet the week of March 12.