

Body & Soul of Kansas City, LLC

649 East 59th Street, Kansas City, MO 64110

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www.bodyandsoulkc.com

SEPTEMBER-OCTOBER, 2018

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 **

5:30pm to 6:45pm

September 10 to October 22

Wednesday morning

9:00-10:15am

September 5 to October 24

Wednesday evening

6:30 pm to 7:45pm

September 5 to October 24

Friday Mornings

9:00am to 10:15am

September 7 to October 26

Saturday Mornings

9:00am to 10:15am

September 8 to October 27

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

September 10 to October 22

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

September 8 to October 27

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

September 10 to October 22

Wednesday Evenings

5:30pm to 6:30pm

September 5 to October 24

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**

6:30pm to 7:30pm

September 6 to October 25

Pricing

8 week series \$120

7 week series \$105

(no class on Labor day or September 20)

\$215 for 2 classes per week/Unlimited

\$230

\$18 for a single class