

Body & Soul of Kansas City, LLC

649 East 59th Street, Kansas City, MO 64110

816-363-8282

www.bodyandsoulkc.com

September-October, 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

September 11 to October 23

no class on Labor day/7 week series

Wednesday mornings

9:00-10:15am

September 6 to October 25

Wednesday Evenings *

6:30pm to 7:45pm

September 6 to October 25

* no class on October 4th/ 7 week series

Friday Mornings

9:00am to 10:15am

September 8 to October 27

Saturday Mornings

9:00am to 10:15am

September 9 to October 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 Evenings*

6:45pm to 8:00pm

September 11-October 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

September 9 to October 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

September 11 to October 23

Wednesday Evenings

5:30pm to 6:30pm

September 6 to October 25

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

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

6:30 to 7:30

September 7 to October 26

Pricing

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

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

\$18 for a single class

No classes on Labor Day and Special Benefit class at 6:30 on October 4