

Which class is right for me?

Yoga I

Soothe your mind, revitalize your body and energize your spirit. Learn basic yoga postures, breathing exercises, and floor exercises for proper alignment.

Yoga II

Next step after Yoga I. Learn more advanced postures and introduction to vinyasa.

Yoga III

Enjoy a *vinyasa* style of yoga that flows from posture to posture and connects poses with the breath. Challenging and fun. Some prior experience is necessary.

Pre- and Post-Natal Yoga

Specialized yoga postures help you prepare for the birth of your baby and firm up afterward.

Body Intelligence – Awareness Through Movement®

THE FELDENKRAIS METHOD

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

Zumba Fitness

Fun and easy-to-do dance steps performed to high energy International music for fat-burning, cardio fitness and total body toning.

NIA

Take off your shoes and move your body. Non-impact cardio workout with easy to follow routines done to fun, inspiring music.

Pilates Mat

Build core strength with beginning level mat work exercises.

PREREGISTRATION REQUESTED

816•363•8282

8 week series for \$105

\$190 for 2 classes per week/Unlimited \$210

\$17 for a single class

(Missouri 7.725 % sales tax is included in the price.)

Body & Soul of Kansas City, LLC, 649 East 59th Street, Kansas City, MO 64110

www.bodyandsoulkc.com

January – February, 2012

YOGA I

Monday Evenings

5:30pm to 6:45pm
January 2 to February 20

Wednesday Mornings

9:00am to 10:15am
January 4 to February 22

Wednesday Evenings

6:30pm to 7:45pm
January 2 to February 22

Friday Mornings

9:00am to 10:15am
January 6 to February 24

Saturday Mornings

9:00am to 10:15am
January 7 to February 25

YOGA II

Monday Evenings

6:45pm to 8:00pm
January 2 to February 20

YOGA III

Saturday Mornings

10:15am to 11:45am
January 7 to February 25

PRE- AND POST-NATAL YOGA

Wednesday Evenings

7:45pm to 9:00pm
January 4 to February 22

Awareness Through

Movement®

Monday Mornings

9:00am to 10:00am
January 2 to February 20

Wednesday Evenings

5:30pm to 6:30pm
January 4 to February 22

ZUMBA FITNESS

Thursday Evenings

5:30pm to 6:30pm
January 5 to February 23

PILATES MAT CLASS

Thursday Evenings

6:30pm to 7:30pm
January 5 to February 23

NIA

Tuesday Evening

5:30 pm to 6:30pm
January 3 to February 21