

Body & Soul of Kansas City, LLC

649 East 59th Street, Kansas City, MO 64110

816-363-8282

www.bodyandsoulkc.com

April-June, 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

April 24-June 19

Wednesday mornings

9:00-10:15am

April 26-June 21

Wednesday Evenings

6:30pm to 7:45pm

April 26-June 21

Friday Mornings

9:00am to 10:15am

April 28-June 23

Saturday Mornings

9:00am to 10:15am

April 29-June 24

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

April 24-June 19

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

April 29-June 24

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

April 24-June 19

Wednesday Evenings*

5:30pm to 6:30pm

April 26-June 21

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

April 25-June 20

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

April 27-June 22

Please note * means class is not meeting once during this session. It is a seven week series. Please confirm the specific dates with instructor.

Pricing

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

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

\$18 for a single class

Studio closed week of May 22-May27

& Memorial day.