

## 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 down 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.

## **APRIL-JUNE 2010**

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### **YOGA I**

#### **Monday Evenings**

5:30pm to 6:45pm  
April 26 through June 21\*

#### **Wednesday Mornings**

9:00am to 10:15am  
April 28 through June 23

#### **Wednesday Evenings**

6:30pm to 7:45pm  
April 28 through June 23

#### **Friday Mornings**

9:00am to 10:15am  
April 30 through June 25

#### **Saturday Mornings**

9:00am to 10:15am  
May 1 through June 26

### **YOGA II**

#### **Monday Evenings**

6:45pm to 8:00pm  
April 26 through June 21\*

### **YOGA III**

#### **Saturday Mornings**

10:15am to 11:45am  
May 1 through June 26

### **PRE- AND POST-NATAL YOGA**

#### **Wednesday Evenings**

7:45pm to 9:00pm  
April 28 through June 23

### **BODY INTELLIGENCE**

#### **Awareness Through Movement®**

Monday Mornings  
9:00am to 10:00am  
April 26 through June 21\*

#### **Wednesday Evenings**

5:30pm to 6:30pm  
April 28 through June 23

### **ZUMBA FITNESS**

#### **Thursday Evenings**

5:30pm to 6:30pm  
April 29 through June 24

### **PILATES MAT CLASS**

#### **Thursday Evenings**

6:30pm to 7:30pm  
April 29 through June 24

### **NIA**

#### **Tuesday Evenings**

5:30pm-6:30pm  
May 4 through June 22\*  
(NIA will not meet on April 27)

**PREREGISTRATION REQUESTED.**

**816•363•8282**

**Please note**

**this series of classes is 9 weeks unless shown differently**  
**the Mo. 7.725 % sales tax is included in the price.**

**\$115 for 9 week series**

**\$105 for 8 week series**

**\$210 for 2 classes per week/Unlimited \$220**

**\$17 for a single class**

**Body & Soul of Kansas City, LLC, 649 East 59<sup>th</sup> Street, Kansas City, MO 64110**

**[www.bodyandsoulkc.com](http://www.bodyandsoulkc.com)**