

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

\$105 for 8 week series

Monday series is 7 weeks for \$95

\$190 for 2 classes per week/Unlimited \$205

\$17 for a single class

(MO sales tax of 7.725% is included)

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

www.bodyandsoulkc.com

September-October 2010

YOGA I

Monday Evenings
5:30pm to 6:45pm
Sept. 13 through Oct. 25

Wednesday Mornings
9:00am to 10:15am
Sept. 8 through Oct. 27

Wednesday Evenings
6:30pm to 7:45pm
Sept. 8 through Oct. 27

Friday Mornings
9:00am to 10:15am
Sept. 10 through Oct. 29

Saturday Mornings
9:00am to 10:15am
Sept. 11 through Oct. 30

YOGA II

Monday Evenings
6:45pm to 8:00pm
Sept. 13 through Oct. 25

YOGA III
Saturday Mornings
10:15am to 11:45am
Sept. 11 through Oct. 30

PRE- AND POST-NATAL YOGA

Wednesday Evenings
7:45pm to 9:00pm
Sept. 8 through Oct. 27

Awareness Through Movement®

Monday Mornings
9:00am to 10:00am
Sept. 13 through Oct. 25

Wednesday Evenings
5:30pm to 6:30pm
Sept. 8 through Oct. 27

ZUMBA FITNESS

Thursday Evenings
5:30pm to 6:30pm
Sept. 9 through Oct. 28

PILATES MAT CLASS

Tuesday Evenings
6:45 pm to 7:45pm
Sept. 7 through Oct. 26

Thursday Evenings
6:30pm to 7:30pm
Sept. 9 through Oct. 28

Sunday Morning
9:00am to 10:00am
Sept. 12 through Oct. 31

NIA

Tuesday Evening
5:30 pm to 6:30pm
Sept. 7 through Oct 26