



# studio on main

pilates • yoga • dance • fitness

~committed to the ART of MIND, BODY & SPIRIT~

## January Schedule...

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Classes are being held at the Elizabeth Lane Oliver Center for the Arts!</b>						
9:00 a.m.		Callanetics w/Jean		Callanetics w/Jean	Crazy-Fit* w/Donna	Body Sculpting on the BALL w/Anna
10:00 a.m.	Gentle Pilates w/Anna	10:15 a.m Aqua* @ Harbor Lights	Pilates Sculpt w/Anna		Gentle Pilates w/Anna or Tai Chi* w/Jackie	Callanetics w/Jean or Arthritis Exercise Class* w/Jackie
11:15 a.m.			BUTTS&GUTS* w/Donna		Aqua* @ Harbor Lights	BUTTS and GUTS* w/Donna
4:00 p.m.		Beginner Yoga* w/Kari			<b>*Pre-register for classes</b> Yoga - Kari (231) 383-1883 Pilates/Aqua/Ball - Anna (231) 383-1885 Tai Chi - Jackie (616) 566-7307 Callanetics - Jean (231) 882-7925 Ski Prep - Donna (248) 404-8032	
5:30 p.m.	Body Ball W/O* no class Jan 2		Pilates w/Anna or Tai Chi* w/Jackie			
6:00 p.m.		Intermediate Yoga* w/Kari		Intermediate Yoga* w/Kari		

**\* Pre-registration required for classes.**

Confirm class schedule online @ [StudioOnMain.biz](http://StudioOnMain.biz)

e-mail [Anna@StudioOnMain.biz](mailto:Anna@StudioOnMain.biz) or phone (231) 383-1885

**Personal Sessions are available by appointment, please contact instructor to schedule!**

