



# studio on main

pilates • yoga • dance • fitness

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

## schedule through September

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Studio On Main classes will be held at the current location until the art center has occupancy (which is estimated for mid-late October)</b>						
8:00 a.m.	Intermediate Pilates					
9:00 a.m.		Callanetics w/Jean		Callanetics w/Jean		Body Sculpting on the BALL
10:00 a.m.	Gentle Pilates		Basic Pilates		Gentle Pilates	Callanetics w/Jean
5:30 p.m.	Pilates					
6:30 p.m.	Hatha Yoga w/ Kari*					

## Additional classes will be added in October!

Pilates for Men, Lite Workout, Zumba, Cardio Fusion, Yoga for Beginners, Pilates Sculpt and more!  
Book a private class. We will teach a class of your choice, to your group, ANYTIME!

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

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

