

One Studio Dance and Yoga

June 14 – August 28, 2010

- E** Easy Does It - Beginners or students who want a slower pace
- I** Beginners and Up
- II** Advanced Beginners and Up

M	12–1:00PM 5:30–6:30PM	E Gentle Flow Yoga Faith I Dance Workout Jenni
T	12–1:00PM 5:30–6:30PM 6:30–7:30PM 6:30PM 7:30–8:30PM	I Free Yoga Outside Indy 6/15, 22, 29 & 8/10, 17, 24 Behind GMCR Pilgrim II I Yoga Core Flow Indy II Ballet Sidra I Train for the Leaf Jeremy Peeper 1/2 Marathon!*
W	7:30–8:30AM 12–1:00PM 5:30–6:30PM 6:30–7:30PM	I Yoga Core Flow Indy II Yoga Core Flow Indy I Strength Training Jeremy/Becky I Discover Series* Staff
Th	5:30–6:30PM 6:30–7:30PM 6:30PM	II Yoga Core Flow Indy I Hip Hop Jenni I Train for the Leaf Jeremy Peeper 1/2 Marathon!*
F	12–1:00PM	I Yoga Core Flow Indy
SA	8–9:00AM	I Strength Training Becky/Julia/ Jeremy

*Pre-registration required for Discover Series and *Train for the Leaf Peeper 1/2 Marathon!*
Register online or call 244-8600.

Drop In \$12/1 hr. class

Punch Cards \$100/10 classes

Summer Unlimited Membership

\$199 June 14- Aug. 28 (11 weeks)

Train for the Leaf Peeper June 15- Sept 29

Pricing and class info online.

Discover Series \$30/ 3 week session

Intro to Yoga 6/16, 6/23, 6/30

Intro to Strength Training 7/7, 7/14, 7/21

Intro to Modern and Hip Hop 8/4, 8/11, 8/18

Class descriptions and youth dance program
online at: www.onestudiodanceandyoga.com