

## Express January 25th - January 31st

3408 Old Forest Rd LYNCHBURG, VA 24501 (434) 455-5996

	<b>TUE 25</b>	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 31
9am			Functional Fitness Group Fitness Studio Steve Euhus 9:30am - 10:15am		<b>Saturday Stretch</b> Mind & Body Studio Marinda Hamilton 9am - 10am		
l0am	<b>Slow Flow Yoga</b> Mind & Body Studio Christine Euhus 10:30am - 11:30am	<b>Deep Stretch</b> Mind & Body Studio Jen Newell 10:45am - 11:45am	<b>Slow Flow Yoga</b> Mind & Body Studio Christine Euhus 10:30am - 11:30am	<b>Power Lite Yoga</b> Mind & Body Studio Jen Newell 10:45am - 11:45am	Yoga for Flexibility Mind & Body Studio Marinda Hamilton 10:15am - 11:15am		
2pm		<b>Yoga for Athletes</b> Mind & Body Studio Jen Newell 12pm - 1pm	<b>YIN Yoga</b> Mind & Body Studio Leesa Williams 12pm - 1pm				
5pm	<b>Vinyasa</b> Mind & Body Studio Bethany Federico 5pm - 6pm	<b>Evening Yoga</b> Mind & Body Studio Marinda Hamilton 5:45pm - 6:45pm					Sweat, Flow, and Glow Mind & Body Studio Marisa Freeman 5:45pm - 6:45pm
6pm			Evening Yoga Mind & Body Studio Stacy Dees 6pm - 7pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.