



# Express

September 28th - October 4th

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

	TUE 28	WED 29	THU 30	FRI 1	SAT 2	SUN 3	MON 4
9am			<b>Functional Fitness</b> Group Fitness Studio Steve Euhus 9:30am - 10:15am		<b>Saturday Stretch</b> Mind & Body Studio Marinda Hamilton 9am - 10am		
10am	<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	<b>Yoga for Flexibility</b> Mind & Body Studio Marinda Hamilton 10:15am - 11:15am		
12pm		<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 Marisa Freeman 5pm - 7pm	<b>Evening Yoga</b> Mind & Body Studio Marinda Hamilton 5:45pm - 6:45pm					<b>Sweat, Flow, and Glow</b> Mind & Body Studio Marisa Freeman 5:45pm - 6:45pm
6pm			<b>Evening Yoga</b> 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.