



Express
November 26th - December 2nd

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

	THU 26	FRI 27	SAT 28	SUN 29	MON 30	TUE 1	WED 2
9am			Saturday Stretch Mind & Body Studio Marinda Hamilton 9am - 10am				
10am		Power Lite Yoga Mind & Body Studio Jen Newell 10:45am - 11:45am				Slow Flow Yoga Mind & Body Studio Christine Euhus 10:30am - 11:30am	Deep Stretch Mind & Body Studio Jen Newell 10:45am - 11:45am
12pm							Yoga for Athletes Mind & Body Studio Jen Newell 12pm - 1pm
5pm					Sweat, Flow, and Glow Mind & Body Studio Marisa Freeman 5:45pm - 6:45pm	Vinyasa Mind & Body Studio Bethany Federico 5pm - 6pm	Evening Yoga Mind & Body Studio Marinda Hamilton 5:45pm - 6:45pm

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.