



Body Moves Class and Event Schedule **AUGUST 2022**

SPECIAL DATES:

- August 6** -- Prompt for the Planet at 1:30 PM
- August 7** -- Lovely Bunches Group Outing at 12:30 PM
- August 12** -- Coffee & Conversation: Is Barefoot Balance for Me? at 11:45 AM
- August 19** -- Barefoot Balance class begins at 11:45 AM
- August 27** -- Farmer's Market Outing at 7:00 AM

STUDIO UPDATE:

All classes and small group workouts have resumed in-studio status with mask wearing optional
 Zoom access to classes and workouts will be available upon request to students traveling out of town.
 To ensure access, students should alert their respective instructors and trainers with 24-hours notice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Specialty		Specialty	Specialty	Specialty	
	5:30 PM T'ai Chi Basic**		1:30 PM Yoga With A Chair	5:30 PM T'ai Chi Advanced**	11:45 AM Barefoot Balance**	
	6:30 PM T'ai Chi Intro**				<i>(beginning August 19)</i>	
	Active Living	Active Living	Active Living	Active Living	Active Living	Active Living
	9:00 AM Ageless Grace	8:45 AM Body Sculpt	4:30 PM Barefoot Strong**	9:00AM Ageless Grace	10:30 AM Nia	9:00 AM Yoga
	10:30 AM Nia	12:00 PM Qigong	5:30 PM Nia	3:30PM Yoga		10:00 AM Nia
	3:30 PM Yoga	3:30 PM Yin Yoga		4:30 PM Body Sculpt		
	4:30 PM Zumba					
	SGPT	SGPT	SGPT	SGPT	SGPT	
	5:30 PM	10:00 AM	8:45 AM	10:00 AM	8:45 AM	
		10:45 AM	5:30 PM	10:45 AM	9:45 AM	
		2:30 PM		2:30 PM	10:45 AM	
		3:30 PM		3:30 PM		

** Indicates a progressive class with special parameters. Inquire at the studio for more details.

Visit the website or our Facebook page regularly to be aware of schedule updates!

Questions? Contact us!!

fitnessatbodymoves@gmail.com
(319) 337-4777