



# Body Moves Class and Event Schedule

## NOVEMBER 2022

### SPECIAL DATES:

**November 3-17** -- 2-Week Gratitude Challenge Visit the studio or [www.fitnessatbodymoves.com](http://www.fitnessatbodymoves.com) for daily posts  
**November 15** -- Post-Menopausal Workshop from 4:30-6:00PM on Tuesday, November 15  
**December 3** -- Classic Holiday Dishes with Whole-Food Flair from 11:30AM-1:00PM on Saturday, December 3

### UPCOMING EVENTS:

New Year and Anniversary Celebration and Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Specialty</b>		<b>Specialty</b>	<b>Specialty</b>	<b>Specialty</b>	
	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**					
	<b>Active Living</b>	<b>Active Living</b>	<b>Active Living</b>	<b>Active Living</b>	<b>Active Living</b>	<b>Active Living</b>
	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	4:30 Ageless Grace				
	<b>SGPT</b>	<b>SGPT</b>	<b>SGPT</b>	<b>SGPT</b>	<b>SGPT</b>	
	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!!

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