



WINTER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Schedule subject to change. Always check online schedule for up to date information. Visit our website and facebook page for workshops and special events: www.localmotionstudio.com facebook.com/localmotionstudio						
* Childcare Available				\$50 New Client Unlimited		
	BOOTCAMP SERIES (Starts Jan 8th) 5:45-6:30 am Kristine Duba			BOOTCAMP SERIES (Starts Jan 8th) 5:45-6:30 am Kristine Duba		
	Cardio+Strength* 8:30-9:30 a.m. Tess Dorrier	Barre* 8:30-9:30 a.m. Eboni Jones	Contemporary Pilates* 8:30-9:30 a.m. Sara Lavan	Barre* 8:30-9:30 a.m. Guylene Prophete	Contemporary Pilates* 8:30-9:30 a.m. Tess Dorrier	Contemporary Pilates* 8:30-9:30 a.m. Sara Lavan
	Yoga* 9:45-10:45 a.m. Lynn Liebreich	Yoga* 9:45-10:45 a.m. Melanie Petronzio	Cardio+Strength:Circuit* 9:45-10:45 am Kristine Duba	Yoga* 9:45-10:45 a.m. Kat Buechel	Cardio+Strength* 9:45-10:45 a.m. Alyssa Hjembo	Yoga* 9:45-10:45 a.m. Kat Buechel
Aerial Yoga 10:45-11:45 a.m. Renee Miller	MOM & BABY YOGA SERIES (Starts January 8th) 11:00-11:45 am Lynn Liebreich	HIIT* 11:00-11:45 am Kristine Duba	Modern Dance* 11:00-12:15 pm Sara Lavan/Silvia Hendi	HIIT THE BARRE* 11:00-11:45 a.m. Eboni Jones	Ballet* 11:00-12:15 p.m. Silvia Burstein-Hendi	
Ballet 12:00-1:15 p.m. Christine Heckel			Yoga (Starts Jan 10th) 12:30-1:30 p.m. Lynn Liebreich			
Barre 1:30-2:30 p.m. Guylene Prophete						
Postpartum Rehab SERIES (Starts January 7th) 3:00-4:00 p.m. Kate Fahs						
Rhythm Tap (Starts January 28th) 5:30-6:30 p.m. Chris Denby	Core+Strength 6:45-7:45 p.m. Kristine Duba	Aerial Yoga 6:45-7:45 p.m. Sarah Craig	Core+Stretch 6:45-7:45 p.m. Kristine Duba	Aerial Yoga 6:45-7:45 p.m. Renee Miller		
	Aerial Yoga 8:00-9:00 p.m. Renee Miller	Cardio+Strength 8:00-9:00 p.m. Alyssa Hjembo	Modern Dance (Starts January 10th) 7:45-9:00 p.m. Silvia Burstein-Hendi	Barre 8:00-9:00 p.m. Guylene Prophete		