



WINTER 2018

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: <a href="http://www.localmotionstudio.com">www.localmotionstudio.com</a> <a href="https://facebook.com/localmotionstudio">facebook.com/localmotionstudio</a>						
* Childcare Available				\$50 New Client Unlimited		
	<b>Bootcamp</b> 5:45-6:30 a.m. Shelly Pease			<b>Bootcamp</b> 5:45-6:30 a.m. Shelly Pease		<b>Bootcamp</b> 7:30-8:15 am Rotating teachers Check online schedule
<b>Barre Express</b> 8:00-8:45am Rotating teachers	<b>Cardio+Strength*</b> 8:30-9:30 a.m. Tess Dorrier	<b>Barre*</b> 8:30-9:30 a.m. Ebony Jones	<b>Contemporary Pilates*</b> 8:30-9:30 a.m. Sara Lavan	<b>Cardio Flow*</b> 8:30-9:30 a.m. Emily Rusch	<b>Contemporary Pilates*</b> 8:30-9:30 a.m. Tess Dorrier	<b>Contemporary Pilates*</b> 8:30-9:30 a.m. Sara Lavan
	<b>Yoga*</b> 9:45-10:45 a.m. Lynn Liebreich	<b>Yoga*</b> 9:45-10:45 a.m. Melanie Petronzio	<b>Cardio+Strength:Circuit*</b> 9:45-10:45 am Kristine Duba	<b>Yoga*</b> 9:45-10:45 a.m. Melanie Petronzio	<b>Cardio+Strength*</b> 9:45-10:45 a.m. Alyssa Hjembo	<b>Yoga*</b> 9:45-10:45 a.m. Kat Buechel
<b>Aerial Yoga</b> 10:45-11:45 a.m. Renee Miller	<b>Aerial Yoga</b> 11:00-12:00pm Brooke McDonough	<b>HIIT*</b> 11:00-11:45 am Kristine Duba	<b>Modern Dance*</b> 11:00-12:15 pm Sara Lavan/Silvia Hendi	<b>HIIT THE BARRE*</b> 11:00-11:45 a.m. Ebony Jones	<b>Ballet*</b> 11:00-12:15 p.m. Silvia Burstein-Hendi	
<b>Ballet</b> 12:00-1:15 p.m. Christine Heckel						
<b>Postpartum Rehab SERIES</b> 3:00-4:00 p.m. Kate Fahs						
<b>Rhythm Tap</b> 5:30-6:30 p.m. Chris Denby	<b>Core+Strength</b> 6:45-7:45 p.m. Kristine Duba	<b>Aerial Yoga</b> 6:45-7:45 p.m. Sarah Craig	<b>Core+Stretch</b> 6:45-7:45 p.m. Kristine Duba	<b>Aerial Yoga</b> 6:45-7:45 p.m. Renee Miller		
	<b>Aerial Yoga</b> 8:00-9:00 p.m. Renee Miller	<b>Cardio+Strength</b> 8:00-9:00 p.m. Alyssa Hjembo		<b>Cardio+Dance</b> 8:00-9:00 p.m. Mara Stewart		